

Prostate Cancer

Prostate cancer is a type of cancer that develops in the prostate gland, a small walnut-shaped gland located below the bladder in men. It typically grows slowly and may not cause symptoms in its early stages.

Risk Factors:

Several factors contribute to the risk of developing prostate cancer like age, with the majority of cases diagnosed in men over 50. Family history also plays a role, particularly if there is a first-degree relative with prostate cancer. African American men face a higher risk, often diagnosed at an advanced stage, and genetic factors such as mutations in genes like BRCA1 and BRCA2 can elevate the risk. Additionally, lifestyle factors such as obesity, sedentary behavior, and a diet rich in red meat or high-fat dairy products may further increase susceptibility to prostate cancer.



Symptoms:

- Difficulty urinating
- Frequent urination, especially at night
- Weak or interrupted urine flow
- Blood in the urine or semen
- Erectile dysfunction
- Pain or discomfort in the pelvic area or lower back

Prevention:

While the precise cause of prostate cancer remains uncertain, adopting specific lifestyle adjustments can potentially mitigate the risk. Maintaining a healthy weight through balanced nutrition and regular physical activity can curb the likelihood of obesity-related issues. Embracing a nutritious diet rich in fruits, vegetables, and whole grains while restricting red meat and high-fat dairy intake is advisable. Consistent engagement in at least 30 minutes of moderate-intensity exercise on most days fosters overall well-being. For those who consume alcohol, moderation is key to minimizing risks associated with its intake.

Screening:

- Prostate-Specific Antigen (PSA) Test: The PSA test measures the level of a protein produced by the prostate gland in the blood. Elevated PSA levels may indicate the presence of prostate cancer, but other factors such as age, race, and prostate size can affect PSA levels.
- Digital Rectal Examination (DRE): During a DRE, a healthcare provider inserts a gloved, lubricated finger into the rectum to feel for any abnormalities in the prostate gland.

Take Charge of Your Prostate Health:

Talk to your Doctor Edges physician about the benefits and risks of prostate cancer screening, particularly if you are at higher risk. Be aware of any changes in urinary habits or other symptoms and seek medical attention if you have concerns. Stay informed about prostate cancer and advocate for your health and well-being.