

# PROSTATE

- ◆ The **Prostate Gland** is a male reproductive organ that produces fluids that feed and protect sperm cells.
- ◆ The three most common forms of prostate disease are inflammation (**Prostatitis**), (**BPH Non Cancer**), and **Prostate Cancer**.
- ◆ If you are a man in your 50s or 60s, discuss having your prostate gland **Checked** with your doctor.
- ◆ If you have a **Family History** of prostate cancer, talk to your doctor about a prostate check sooner

The prostate gland (the prostate) is an organ of the male reproductive system. It is about the size of a walnut and is found at the base of the bladder.



The thin tube that allows urine and semen to pass out of the penis (the urethra) runs through the prostate gland.

Alkaline fluid produced by the prostate gland helps to nourish sperm and leaves the urethra as ejaculate (semen).

The prostate undergoes two main growth spurts. The first is fuelled by the sex hormones made by the testes during puberty. This prompts the prostate to reach an average weight of 20 grams. The second growth spurt begins when men are in their thirties.

**Around 25 per cent of men aged 55 years and over have a prostate condition.**

**This increases to 50 per cent by the age of 70 years.**

# Types of prostate disease

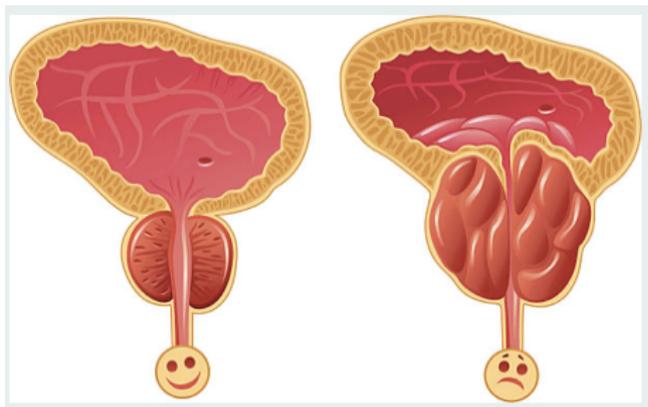
The three most common forms of prostate disease are:

- ◆ Inflammation (prostatitis),
- ◆ Non-cancerous enlargement of the prostate (benign prostatic hyperplasia, or BPH)
- ◆ Prostate cancer.

A man may experience one or more Combinations of these conditions.

## BPH

Non-cancerous enlargement of the prostate, or benign prostatic hyperplasia (BPH), is more common as men get older. It is not life threatening, but can significantly affect your quality of life.



Normal **Prostate** Obstructed

The enlargement of the prostate gland (which surrounds the top of the urethra) causes the urethra to narrow, and puts pressure on the base of the bladder. This can lead to obstruction (blockage) in the flow of urine.

Obstructions usually show up as lower urinary

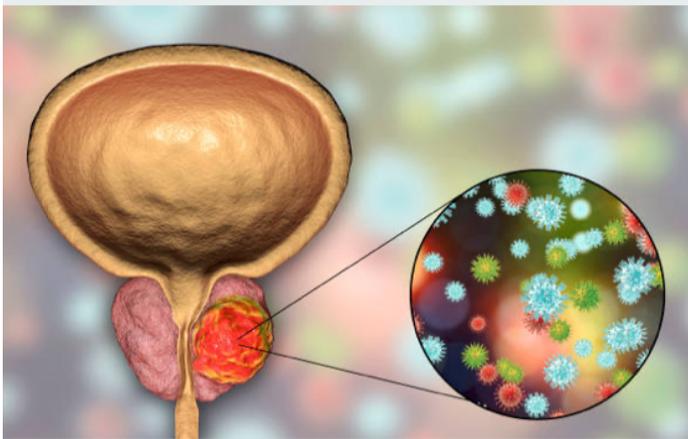
tract symptoms that sometimes result in the urine staying in the bladder when it's supposed to be released.

When this happens suddenly, it's called acute urinary retention. This is very painful and is usually relieved temporarily by inserting a thin tube (a catheter) to release the urine.

Chronic (ongoing) retention, which is less common, can lead to a dangerous, painless accumulation of urine in the bladder. An uncommon form of chronic urinary retention is associated with high bladder pressures, which can damage kidney function, Sepsis, CRF.

# Prostate cancer

Prostate cancer typically affects men over the age of 50 years.



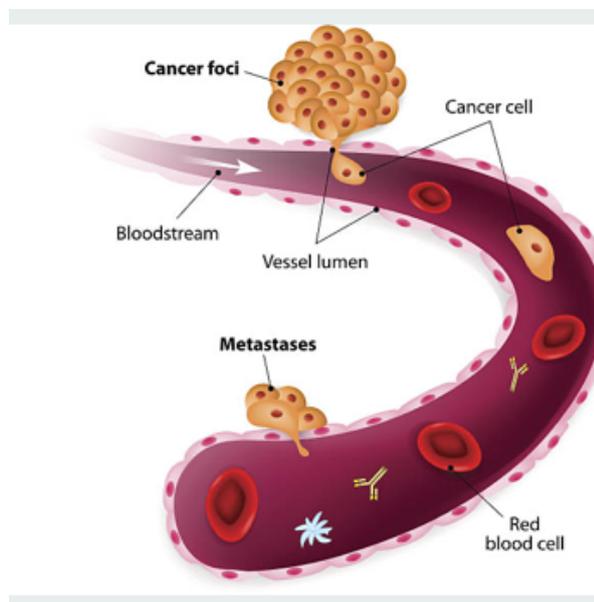
Ca Prostate and Cancer cells

Around thousands of Indians are diagnosed every year.

The cause remains unknown, although advancing age and family history are known to be contributing factors.

In the early stages, the cancer cells are confined to the prostate gland. With the more aggressive types of prostate cancer, cancer cells enter the vascular and lymphatic systems early and spread to

other parts of the body where they develop secondary tumours, particularly in the bones.



Spread of Cancer from Blood/ Lymph

**Early cancers are treated with Radical Surgery (Robotic or Laparoscopic).**

**Equal results are gained with Curative Radiation in selected cases**

The Curative results are high and little morbidity

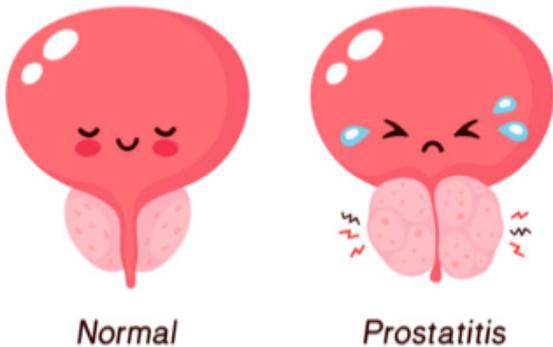
Late Presentation of Disease and Progressed Disease after first therapy are treated Palliative intent.

These modern treatments involve **Harmonal Treatment and Chemotherapy** have promising

results towards survival

# Inflammation of the prostate (Prostatitis)

While prostatitis can affect men of any age, it is more common in younger men, aged between 30 and 50 years. The main types of prostatitis are:



- **Bacterial Prostatitis** – acute or chronic bacterial infection
- **Non-bacterial Prostatitis** – inflamed prostate, also known as chronic pelvic pain syndrome (CPPS).

In most cases, the cause of prostatitis is unknown. Bacterial prostatitis responds well to

antibiotic drugs that can get into the prostate.

Non-bacterial prostatitis, or **CPPS**, is the most common form of prostatitis and is more difficult to manage.



Symptoms vary from one man to another includes Urinary symptoms and Lots of Somatic symptoms . There is no single test to diagnose CPPS, so your doctor will need to rule out other possible causes of your symptoms before

making a diagnosis.

## Possible causes of CPPS include:

- a past bacterial prostatitis infection
- irritation from some chemicals
- a problem with the nerves connecting the lower urinary tract
- problems with pelvic floor muscles
- sexual abuse
- chronic anxiety problems.