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u r e t e r

b l a d d e r

k i d n e y

# PROSTATE CANCER

u r e t e r

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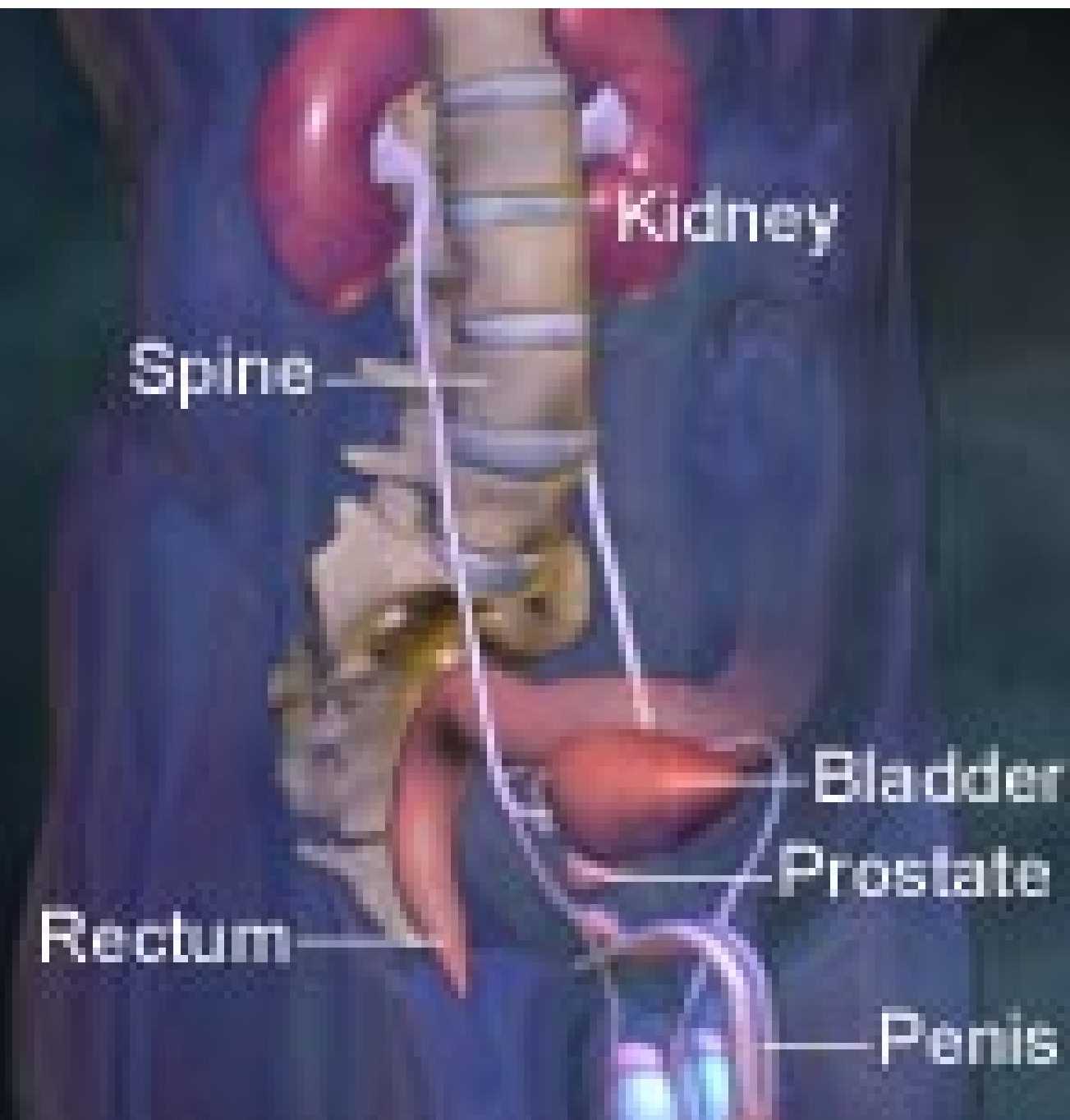
b l a d d e r

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**Urology**

# What is the Prostate?

- It is a sex gland in males
- Roughly the size of a walnut
- Surrounds part of the urethra, which carries urine from the bladder
- Makes fluid that carries sperm



Kidney

Spine

Bladder

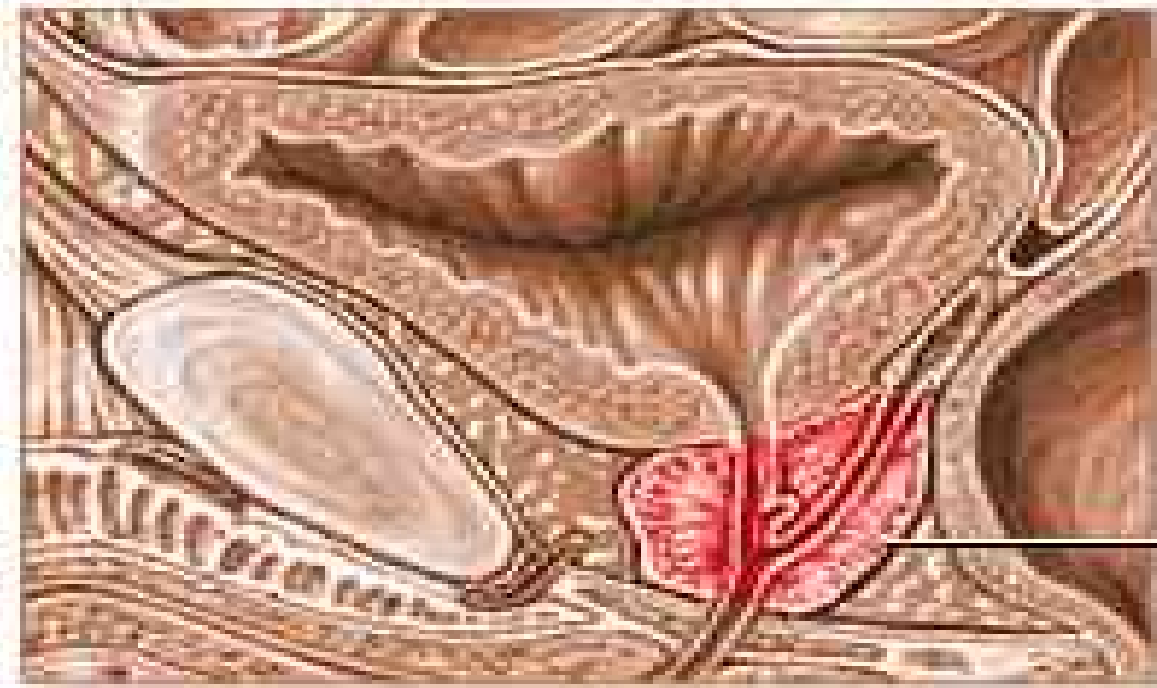
Prostate

Rectum

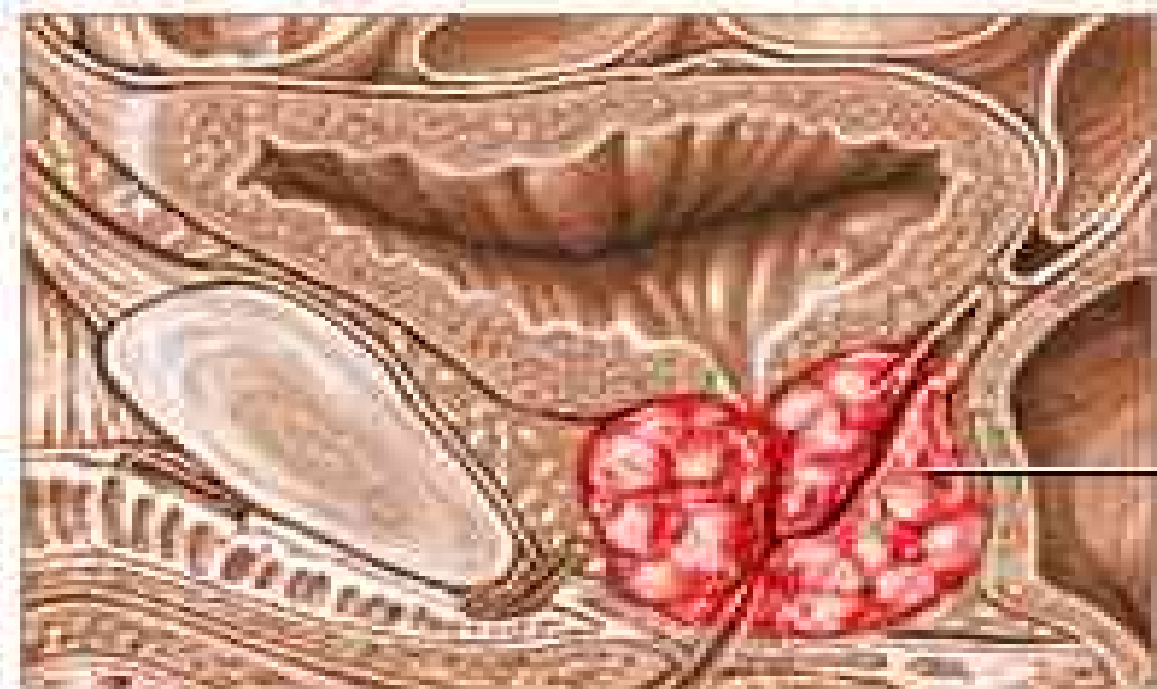
Penis

# Prostate Cancer

- Starts out in the cells of the prostate
- Stays in the glands and is slow growing
- Most common cancer in Canadian men
- Causes symptoms in the urinary tract as well as bladder.
- Risk of spreading to other organs of the body if not treated.



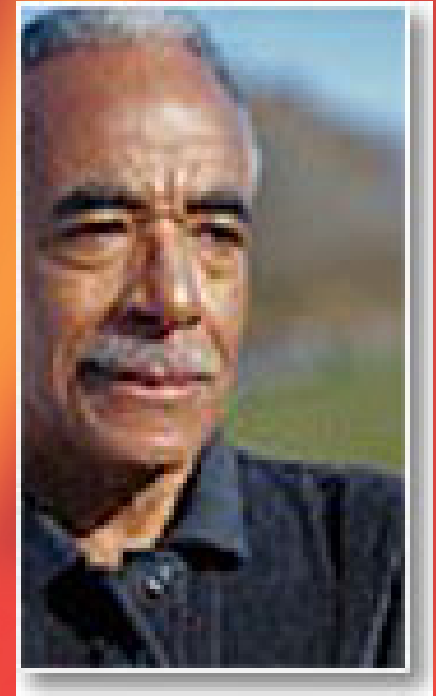
**Normal prostate**



**Prostate cancer**

# Risks Factors

- Men over the age of 50
- Family history
- African ancestry
- High levels of testosterone
- Diet high in fatty foods



# Signs and Symptoms

- Frequent, or painful urination
- Stopping and starting of stream during urination
- Feeling of “pushing” to expel urine
- Feeling of not fully emptying bladder
- Blood passed in urine
- Lower back pain, pelvis area or upper thighs
- Painful ejaculation

## 1) DRE (Digital Rectal Examination)

- Physical examination of the prostate
- Physician feels prostate for abnormalities or lumps.

## 2) PSA (Prostate Specific Antigen)

- Blood test to detect antigen produced by prostate
- Small amounts of antigen is normal
- Increase in antigen may indicate infected, inflamed or cancerous cells.

# Treatment

## 1) Surgery

- Removing of the tumor and surrounding tissue
- Da Vinci system

## 2) Radiation Therapy

- High energy x-ray cells that destroy cancerous cells.
- Generally for elderly who are at greater risk from surgical procedure

## Biopsy

- small samples taken from the prostate gland are tested for cancerous cells

## Ultrasound

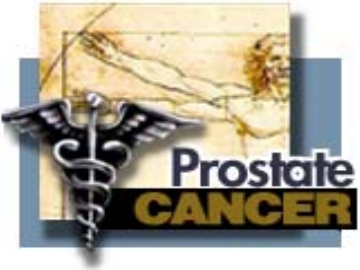
- Uses high frequency sound waves to get a clear visual of the organs

# How to maintain a healthy prostate

- Non-smoker, avoid second hand smoke
- Physical activity
- Healthy body weight
- 5-10 servings of fruits and veggies a day
- High fiber foods
- Minimize alcohol consumption

# A little bit of Stats

- 394 Canadian men are diagnosed with prostate cancer a week
- 83 Canadian men will die of the disease per week
- Men have a 1 in 7 chance of developing the disease in a lifetime
- 3<sup>rd</sup> leading cause of death in men, next to heart disease and lung cancer



# Resources

Prostate Cancer research foundation of Canada  
[www.prostatecancer.on.ca](http://www.prostatecancer.on.ca)

Windsor Essex County Health Unit

Canadian Cancer Society [www.cancer.ca](http://www.cancer.ca)

Canadian Prostate Cancer Network [www.cpcn.org](http://www.cpcn.org)