

## **What Is Prostate Cancer?**

Prostate cancer can be described as a form of cancer that develops within the prostate. Prostate cancer is a condition that occurs when the prostate gland cells begin to grow beyond control. The prostate gland is that is only found in males. It produces some fluid that makes up semen.

Prostate cancer is among the most prevalent forms of cancer. Prostate cancers tend to grow slowly and are restricted to the prostate gland where they can't cause significant damage. While some kinds of prostate cancer are slow-growing and require minimal or no treatment, others are more very aggressive and are prone to spreading quickly.

Prostate cancer is a very common kind of cancer that affects males, however, it is extremely treated in its initial stages. It starts in the prostate gland that is located between the penis as well as the bladder.

## **What is Prostate?**

The prostate can be described as a tiny soft organ. It's about as big as a walnut and is generally soft and soft to the touch.

The prostate is situated within the pelvis, between the penis and bladder. Behind there is a gland known as seminal vesicles, which produce the majority of the fluid that is used to make semen. The urethra, the tube used to transport semen and urine out of the body via the penis, passes through the middle of the prostate.

## **Types of prostate cancer**

The majority of prostate cancers can be classified as Adenocarcinomas. The cancers originate from prostate gland's cell (the cells that produce the prostate fluid which is then added to the semen).

The kind of prostate cancer will reveal the type of cell that the cancer began in. This information helps your doctor determine the treatment is best for you. They will take the information on the prostate cancer type, as well as:

How different the cancer cells appear when examined in the microscope, the extent of the cancer, and the extent to which it has been able to spread (the stage). Another way that doctors can describe the cancer as specific, localised, or advanced.

There are different kinds of prostate cancer. The most popular kind is known as acinar adenocarcinoma.

### **Acinar adenocarcinoma**

Adenocarcinomas can be described as cancers that arise inside the gland cells which are located on the prostate gland. It is the most frequent kind in prostate cancer. The majority of prostate cancer patients is affected by this type of cancer.

### **Ductal adenocarcinoma**

Ductal adenocarcinoma begins within the prostate gland's cells are found in the ducts (tubes) of the prostate gland. It is more likely to expand and spread faster than acinar cancer.

#### Transitional cell (or Urothelial) cancer

Cancer of the transitional cells of prostate begins in the cells that line the tube that transports urine out to the outside part of our body (the urinary tract). This kind of cancer typically begins in the bladder and then spreads to the prostate. However, it may also begin in the prostate. It can also be spread to the bladder's entrance and adjacent tissues.

#### Squamous cell carcinoma

The cancers are derived by dividing flat, squamous cells. They surround the prostate. They are likely to increase in size and spread faster than prostate cancers caused by adenocarcinoma.

#### Prostate cancer with small cells

Small prostate cancers are composed by small, round cells. It's a form of neuroendocrine cancer.

Prostate cancers can grow and spread rapidly, however the majority of them grow slow. Autopsy studies reveal that many elderly men (and even older guys) who died from different reasons also had prostate cancers that did not affect them throughout their lives. In many instances there was no way that they or their doctors knew they had the disease.

### **Signs and Symptoms**

There are typically no signs in the initial phases of the prostate cancer however, screening can identify signs of cancer. Trusted Source involves a test which examines amounts of PSA in blood. The presence of high levels suggests the presence of cancer.

Males who are experiencing symptoms might notice:

- difficulties in starting and maintaining urine
- an apprehension to go to the bathroom in the evening, particularly at night.
- a weak urine stream
- urine containing blood or semen
- painful urination or ejaculation
- back pain hips, back or pelvis

### **Advanced Signs and Symptoms**

People suffering from the advanced stage of prostate cancer may not exhibit signs. Possible signs could depend on the severity of the cancer as well as the location it has spread throughout the body. Alongside the above advanced prostate cancer, it can cause the following signs:

- bone pain
- tiredness
- weight loss

### **Causes of Prostate Cancer**

It's unclear what causes prostate cancer. Doctors are aware that prostate cancer starts when prostate cancer cells undergo changes to their DNA. A cell's DNA is filled with instructions telling a cell what it should do. The modifications tell cells to divide and grow more quickly than normal cells. The cells that are abnormal continue to live while other cells cease to exist.

The accumulation of abnormal cells creates tumors that could develop into a tumor that can invade surrounding tissues. As time passes, certain abnormal cells might break free and then spread (metastasize) into other areas of the body.

### **Prevention**

It is possible to reduce the risk of getting prostate cancer by:

Select a healthy and balanced diet rich in vegetables and fruits. Eat a variety of vegetables, fruits and whole grains.

Select healthy food items instead of supplementation.

Work out most days throughout the day. Exercise improves your overall health, assists you to maintain your weight, and boosts your mood.

Maintain your weight in a healthy way. If your current weight is healthy, try to keep it that way by following an appropriate diet and exercising every day of the week. If you're looking to lose weight, consult your physician for assistance in making a healthy plan for weight loss.

Consult your doctor regarding the risk of developing prostate cancer. If you have an extremely high risk of prostate cancer your doctor and you may want to consider other medications or methods to lower the chance of developing.

If you're worried about the possibility to develop prostate cancer consult to your doctor.

### **Who treats prostate cancer?**

The most common kinds of doctors that treat prostate cancer are:

**Urologist** - An urologist who treat urinary system as well as the men's reproductive systems (including prostate cancer)

**Medical Oncologist** - A doctor who treats cancer using drugs like hormone therapy, chemotherapy, and immunotherapy

**Radiation oncologist** - A physician who treats cancer by using radiation therapy.

**When to see a doctor?**

Book an appointment with Dr. Jamal Azmi for any ongoing warning signs or symptoms that bother you.