



## Today we discuss... Prostate Cancer

*Prostate cancer is the most common cancer in Australian men and is the second largest cause of male cancer death in Australia.*

### What is prostate?

The prostate is a gland forming part of the male reproductive system. It is located immediately below the bladder and just in front of the bowel. Its main function is to produce fluid that protects and enriches sperm.

### What is prostate cancer?

Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, causing a tumour. One of the most worrying aspects of the disease is that most prostate cancers develop without men experiencing any symptoms.

It is not known for sure what causes this disease but experts agree that diet contributes to the risk. Men who consume great amounts of fat (particularly from red meat and other sources of animal fat) are most likely to develop symptoms of advanced prostate cancer. Eating more fish, poultry, fresh vegetables, fruits, and low-fat dairy products will help prevent the risks of prostate cancer.

### Possible Symptoms:

The majority of prostate cancers have no symptoms, and it is really only advanced cancers that have spread throughout the prostate (and beyond) that cause urinary symptoms such as:

- Slow Flow: urine flow is slow and difficult to stop
- Urgency: urgent need to urinate
- Hesitancy: difficulty starting flow of urine

- Blood in the urine or semen
- Frequency: need to urinate more frequently
- Reduced ability to get an erection
- Nocturia: need to urinate during the night
- Painful ejaculation

It's important to note that these symptoms are common to many different conditions, not just prostate cancer. It is also important to talk to your Doctor about prostate cancer testing, as there are advantages and disadvantages of testing. All prostate cancer patients need to be examined regularly to ensure the problem does not return.

### Prevention:

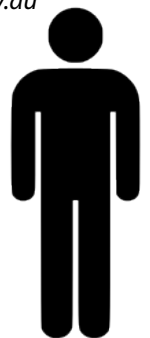
There's no proven prostate cancer prevention strategy, however you can reduce the risk of prostate cancer by making healthy choices, such as exercising and eating a healthy diet.

It is important to reduce the number of calories you eat each day and increase the amount of exercise you do. If you have a healthy weight, work to maintain it by exercising most days of the week and choosing a healthy diet that's rich in fruits, vegetables and whole grains.

If you don't exercise, make an appointment with your Doctor to ensure it is OK for you to get started.

For more information on prostate cancer, a great place to do more reading is the Better Health Channel -

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Prostate\\_cancer?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Prostate_cancer?open)



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