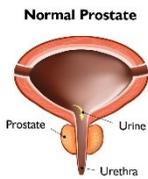


## Prostate Cancer



The prostate is a small gland that is part of the male reproductive system. It is located just below the bladder and in front of the lower part of the intestine (rectum). Its function is to produce the liquid that is part of the semen, its size is compared with a walnut. When prostate cancer occurs, it means that the cells within the gland begin to grow uncontrollably and abnormally. About 1 man in 8 will be diagnosed with prostate cancer during his lifetime. Prostate cancer is more likely to develop in older men.

### Risk Factor's

- Being over 50 years old
- Being African American
- Having a father or brother with prostate cancer.
- Excessive consumption of fried or high-fat foods such as beef or pork
- Poor consumption of a variety of fruits and vegetables
- Being exposed to high amounts of certain chemicals, such as cigarette smoke, alkaline batteries, or welding materials
- Having suffered or having sexually transmitted diseases (STDs).

### What are the symptoms of prostate cancer?

In the early stages, there may be no symptoms. In the later stages, one or more of the following symptoms may occur:

- Weak or interrupted flow of urine.
- Difficulty starting, stopping or even not being able to urinate.
- Frequent urination, especially at night, and feeling that your bladder is not emptying.
- Feeling pain or burning when urinating or ejaculating.
- Difficulty having an erection.
- Having blood in urine or semen.
- Pain or stiffness in the lower back, hips, or upper thighs.



### How is prostate cancer diagnosed?

#### Digital Rectal Exam (DRE)

In this test, the size and shape of the prostate are palpated. To do this, the doctor will use a lubricated glove and carefully insert a finger into the rectum. In this way, it will detect if there is inflammation, lumps, or firm areas, which could be an indicator of cancer.

#### Prostate Specific Antigen Test (PSA)

This test measures the levels of PSA (a protein produced by the prostate) in the blood. If levels are elevated, prostate cancer may be suspected.



#### Prostate biopsy

This is the only way to accurately diagnose prostate cancer. It is a procedure in which prostate tissue is removed and studied to identify if there are cancer cells and what stage the cancer is.

### Treatment

It can vary depending on the stage of the cancer. Any one or a combination of the following may be needed:

- **Hormone therapy:** This treatment is used to lower testosterone levels.
- **Radiation therapy:** High-energy emissions of x-rays are used to kill cancer cells.
- **Chemotherapy:** Anticancer drugs injected into a vein or given by mouth are used. These are used when the cancer has spread outside the prostate.
- **Surgery:** You may need surgery depending on the stage of the cancer. Part or all of the prostates may be removed.

Several factors will be taken into consideration before selecting a treatment plan. It is important to carefully evaluate the options and weigh the benefits of each treatment against the possible side effects and risks.

### Recommendations

Add fruits, vegetables, and foods low in fat, sugar, and salt to your meals.

Hydrate well.

Maintain a suitable weight.

Do some type of physical activity, as directed by your doctor.

Don't smoke and limit alcohol consumption.

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

### APS Healthcare

787-641-9133

### References:

Prostate cancer treatment. (2022).

Recovered from:

<https://www.cancer.gov/espanol/tipos/prostata/paciente/tratamiento-prostata-pdq#:~:text=El%20c%C3%A1ncer%20de%20pr%C3%B3stata%20es,u%20orinar%20con%20m%C3%A1s%20frecuencia.>

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<https://www.cancer.org/es/cancer/cancer-de-prostata/tratamiento/radioterapia.html>



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