

Prostate cancer



The prostate is a gland in the male reproductive system. It is located just below the bladder and in front of the lower intestine (rectum). Its function is to produce the fluid that makes up semen. When prostate cancer occurs, it refers to the cells within the gland beginning to grow uncontrollably. It is more common in older men and is diagnosed in approximately one in eight men.

Risk factors

Factors that may increase the risk of prostate cancer include:

- **Advanced age:** It is most common after age 50.
- **Family history:** Having a blood relative (father or brother) diagnosed with the condition.
- **Race:** People with black skin are at higher risk of developing it.
- **Obesity:** People with a higher risk of developing prostate cancer. They are also more likely to develop prostate cancer and have a higher likelihood of it becoming more aggressive or recurring.

Symptoms

In the early stages, symptoms may not occur. In the later stages, one or more of the following symptoms may occur:

- Bone pain.
- Decreased urine flow strength.
- Pain or burning when urinating or ejaculating.
- Difficulty getting an erection.
- Blood in the urine or semen.
- Unintentional weight loss.



Diagnosis

Digital rectal exam (DRE):

This exam palpates and measures the size and shape of the prostate. The doctor will detect swelling, lumps, or firm areas, which could be indicators of cancer.

Prostate-specific antigen (PSA) test:

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-specific membrane antigen (PSMA) PET scan:

An imaging procedure used to find prostate cancer cells that have spread outside the prostate to the bones, lymph nodes, or other organs.

Transrectal ultrasound: A procedure in which a probe about the size of a finger is gently inserted into the rectum for the purpose of examining the prostate and assessing its health.

Prostate biopsy: Procedure to detect the presence of cancerous cells in the prostate. It is the only technique that allows a definitive diagnosis of prostate cancer. A small sample of prostate tissue is extracted and analyzed to determine if there are cancerous cells and the stage of the disease.

Treatment

This may vary depending on the stage of the cancer. You may need some or all of the following measures:

- **Hormone therapy:** This treatment is used to lower testosterone levels.
- **Radiation therapy:** High-energy energy is used to kill cancer cells. 
- **Chemotherapy:** Anticancer drugs are injected intravenously or taken orally. They 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 prostate may be removed.

Several factors will be considered before selecting a treatment plan. It is important to carefully evaluate the options and compare the benefits of each treatment with the potential risks and side effects.

Prevention

Some recommendations that can help reduce the risk of developing this type of cancer:

- Exercise most days of the week
- Eat a healthy diet, eating a variety of fruits and vegetables
- Maintain a healthy weight
- Talk to your doctor about your risk of prostate cancer

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<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>

<https://www.mayoclinic.org/es/diseases-conditions/prostate-cancer/diagnosis-treatment/drc-20353093>

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