Get all the Information about Prostate Cancer Treatment

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Prostate cancer impacts the prostate gland once cancer cells initiate to raise and grow, circulating to other parts of the body. The prostate gland is situated in the male reproductive system. The gland itself is covered around the urethra, which can frequently conduct to bladder-related symptoms.

Overview of Prostate Cancer

Prostate gland is a dominant part of the male reproductive system located just at a lower place of the bladder and it is of walnut size in the adult men. These glands carry the cells which create some of the semen. It’s a part of the male reproductive system and creates the chemical components of semen. Prostate is the utmost common cancer in American men and also the second foremost cause of death in American men. The American Cancer Society estimates approximately 250,000 men were diagnosed with prostate cancer in 2012, and about 28,000 died from it.

Age: Prostatectomy cancer is found rarely in young man who are under age of 40. Occurrence of prostate cancer rises in a near exponential rate. Approximately 95% of cancers diagnosed in men between the ages of 45 and 89 among them more than 65 percent of cancer is diagnosed in men older than 65.

Overwhelming prostatectomy cancer treatment can be cure with right treatment and with initial detection. It cancer impacts the prostate when cancer cells initiate to grow and develop, circulating to other areas of the body. If we talk about women then women do not have prostate glands hence, cannot get prostatectomy cancer. Here is some important cancer information for men to know; such as the truth that almost everyone in six men is probably to develop prostatectomy. Also, prostate is a structure somewhat larger than the size of a grape that makes semen. It is one of the most common cancers in men after the skin cancer.

Race: The African American men are at higher risk as compared with the others. Scientist have not identified about why African American men are more likely to diagnosed it and have the high risk of death than the others.
There’s no evidence of a link with vasectomy and prostate cancer and it does not increase risk for cancer. But it is important for men to pay attention to any changes in their sexual or urinary health. If it caught early then there are 95% of chances to survival. An early treatment prevents death.

There are several kinds of prostate cancer;

- **Adenocarcinoma.** This type of cancer grows slowly inside the prostate, but still has the potential to spread beyond the prostate to other areas, like bones, lymph nodes and other organs.
- **Small cell carcinoma:** This type of cancer generally doesn’t increase PSA levels and is harder to detect in its early stages. It does not occur as often as the adenocarcinoma does.

A screening should be made to detect cancer at its earliest stages, before any symptoms have developed. There are two easy tests that can be done for screening.

- **PSA** – Prostate Specific Antigen blood test and
- **DRE** - Digital Rectal Examination

### How Prostate Cancer Spreads

Prostate cancer mostly spreads to the bones and lymph nodes. It can spread to other different parts also. Almost all of the cancers are adenocarcinomas, means they develop from the prostate gland's cells. If it spreads, it inclines to go first to the lymph nodes in the pelvis, where it might be proceed to develop. Through the prostatectomy cancer, onetime it is doable to have metastases (cancer spread) present even when the prostate tumor is quiet very small. It will be preserved as advanced, metastatic cancer. Advanced cancer can frequently be operated for several years with treatment.

### Things to Prevent Prostate Cancer

Till this date there is no evidence which proves to prevent it. The risk can be lowered by changing in life style and daily food habit. The American Cancer Society recommends diet plan in order to maintain a healthy weight which may reduce the risk of prostate. Early studies showed that vitamin E, may lower chances of getting cancer. Though this is not proved by further studies. Doctors continue to study the effects of supplements on robotic prostate cancer. For now, they have not found any vitamins or supplements are known to lower risk.

The American Cancer Society has suggested the following

1. Cutting back on red meats, especially processed meats such as hot dogs, bologna, and certain lunch meats
2. Limiting high-fat foods
3. Eating five or more servings of fruits and vegetables every day.
4. Healthy food choices also include bread, cereals, rice, pasta, and beans.

Antioxidants in foods, especially in fruits and vegetables, help prevent damage to the DNA in the body's cells. Such damage has been linked to cancer.
An antioxidant such as Lycopene that has been thought to lower the risk of prostate cancer is found in foods such as:

1. Tomatoes -- both raw and cooked
2. Spinach
3. Artichoke hearts
4. Beans
5. Berries -- especially blueberries
6. Pink grapefruit and oranges
7. Watermelon

Unlike the other researches, it is not clear whether lycopene actually helps to prevent it, and recent findings show that it is not actually helps. Researches are going on to find out the ways to reduce the prostate cancer risk. Since prevention is better than cure, if the cancer is found in early stages, it is highly recommended to consult doctor and take action for preventive measures.
ABOUT “CENTRE FOR ROBOTIC SURGERY”

Center for Robotic Surgery (CRS) is the Super Specialty Urological Hospital. It is an initiative of Muljibhai Patel Urological Hospital (MPUH), popularly known as 'Nadiad Kidney Hospital' or just 'Nadiad Kidney'. We are the first hospital in India devoted entirely to Nephrology and Urology.

MPUH-CRS is started with the vision to provide the best facility with advance technology to fulfill patient's need of minimal hospital stay and also reduce the morbidity rate. Our motto "Every life deserves the world class care" and, we provide the best treatment with top class technology.

Dr. Mahesh Desai is the Medical Director & Managing Trustee of MPUH - CRS. He is also a Director of JPAC, a world class center of academic excellence for Urology and Nephrology and current president of Endourology Society and immediate past president of Society International d'Urologie (SIU). Dr. Desai received several national and international awards for his services at MPUH.

Center for Robotic Surgery

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