



Assessing Prostate Cancer Occurrence, Consequences, and Treatment Strategies

Stephen Kerrien*

Department of Medicine, University of Oxford, Oxford, United Kingdom

*Corresponding Author: Stephen Kerrien, Department of Medicine, University of Oxford, Oxford, United Kingdom; E-mail: stephen_kerrien@uo32.uk

Received date: 25 March, 2024, Manuscript No. JCEOG-24-136972;

Editor assigned date: 27 March, 2024, PreQC No. JCEOG-24-136972 (PQ);

Reviewed date: 10 April, 2024, QC No. JCEOG-24-136972;

Revised date: 17 April, 2024, Manuscript No. JCEOG-24-136972 (R);

Published date: 24 April, 2024, DOI: 10.4172/2324-9110.1000403

Description

Prostate cancer is one of the most common malignancies affecting men worldwide. It arises from the prostate gland, a small organ situated below the bladder and in front of the rectum. Despite significant advancements in detection and treatment, prostate cancer remains a leading cause of cancer-related morbidity and mortality. It examines the occurrence, consequences, and treatment strategies for prostate cancer, providing a thorough overview on this essential health issue. Prostate cancer primarily affects older men, with the majority of cases diagnosed in those over the age of 65. The exact cause of prostate cancer is not well understood, but several risk factors have been identified. The risk of prostate cancer increases significantly with age, particularly after the age of 50. Men with a family history of prostate cancer are at higher risk, especially if a close relative was diagnosed at a young age.

Prostate cancer is more prevalent in African American men compared to men of other races. They are also more likely to develop aggressive forms of the disease. Inherited mutations in genes such as *BRCA1* and *BRCA2* can increase the risk of prostate cancer. Diet, physical activity, and other lifestyle factors can influence the risk of developing prostate cancer. Diets high in red meat and dairy products and low in fruits and vegetables have been associated with an increased risk. The consequences of prostate cancer can vary widely depending on the stage and aggressiveness of the disease. Early-stage prostate cancer often has few or no symptoms and is typically detected through screening tests such as the Prostate-Specific Antigen (PSA) test or Digital Rectal Exam (DRE). As the disease progresses,

symptoms may include Difficulty urinating, a weak or interrupted urine flow, frequent urination, especially at night, and pain or burning during urination.

Erectile dysfunction causes difficulty achieving or maintaining an erection. Pain in the lower back, hips, or thighs, which may indicate that the cancer has spread to the bones. Advanced prostate cancer can lead to significant complications, including bone fractures, spinal cord compression, and severe pain, all of which can markedly diminish quality of life.

Treatment for prostate cancer depends on several factors, including the stage of the disease, the patient's age and overall health, and the aggressiveness of the cancer. Treatment options range from active surveillance to aggressive therapies, each with its benefits and risks. For men with low-risk, slow-growing prostate cancer, active surveillance may be recommended. This approach involves regular monitoring of the cancer through PSA tests, DREs, and biopsies without immediate treatment. If the cancer shows signs of progression, treatment may then be initiated.

Surgery involves the removal of the entire prostate gland and some surrounding tissues. It is commonly performed for localized prostate cancer and can be done using open, laparoscopic, or robotic-assisted techniques. Transurethral Resection of the Prostate (TURP) This procedure is used to relieve urinary symptoms caused by an enlarged prostate, but it is not typically used to treat the cancer itself.

External Beam Radiation Therapy (EBRT) in which high energy beams are directed at the prostate gland from outside the body to kill cancer cells. LHRH agonists and antagonists these drugs lower testosterone levels in the body. Anti-androgens these drugs block the action of androgens on prostate cancer cells. Chemotherapy which is used primarily for advanced prostate cancer that no longer responds to hormone therapy, chemotherapy uses drugs to kill rapidly dividing cancer cells. Common drugs include docetaxel and cabazitaxel.

Conclusion

Prostate cancer is a significant health issue with a wide range of impacts on affected individuals. Understanding its occurrence, consequences, and treatment strategies is essential for managing the disease effectively. Advances in medical studies continue to improve the outlook for prostate cancer patients, providing belief for better management and outcomes in the future. By staying informed and exploring all available treatment options, patients and healthcare providers can work together to achieve the best possible results.

Citation: Kerrien S (2024) Assessing Prostate Cancer Occurrence, Consequences, and Treatment Strategies. *J Clin Exp Oncol* 13:2.