

Prostate cancer and obesity

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Prostate cancer (PCa) is the second most common diagnosed cancer in men and the sixth most common cause of cancer-related mortality. In last year's, the obesity issue and its association with increased risk numerous cancerous disease including PCa was raised. Obesity; with its different underlying etiology, is a significant risk factor for PCa at the time of biopsy. Moreover, obesity is linked with aggressive PCa.

Because obesity and PCa affect male population is increasing, the association between the two is a great public health issue. Early diagnosis is getting more importance aiming to early treatment with higher cure rates.

The Prostate specific antigen (PSA) test is commonly used as a screening tool, as a part of the diagnostic workup to rule out PCa as well as the management. Many cases undergo a needle prostatic biopsy prompted by high-serum PSA concentration, aiming for early PCa detection that will be associated with high curative rate and subsequent good prognosis and long survival rate. Unlike non-obese men, the PSA was lower in the obese cases. Therefore it leads to miss positive cases and subsequent loss of curative management intent.

Many topics are interesting and need to be discussed; as the impact of age on this correlation is poorly defined in the literature, treatment options surgical and non surgical, obesity health-related quality of life and finally the mortality. However in the clinical practice; what are the benefits of this correlation in obese cases; and can omit unnecessary biopsy or avoid missing cases of PCa.

Biography

Ihab A. Hekal has completed his MD (Ph.D.), at one of Unique Middle East Urology Center in Mansoura-Egypt. Post-doctoral fellowship (FEBU), VU medical center. Currently, he is the chief of Urology department at one of private hospital in Saudia Arabia. He has published more than 25 papers in reputed journals and serving as an editorial board member of World Journal of Clinical Urology. He is a reviewer of many international urology journals. He was the winner of Egyptian national academic award, 2009 and International Hippocrates Award in 2011 for his work in the field of Urology surgery and research.

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