

Prevention of Prostate Cancer and its Signs and Symptoms

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DESCRIPTION

Malignant (cancer) cells develop in the tissues of the prostate as a result of the condition known as prostate cancer. Prostate cancer is the second most prevalent malignant tumour in the world and the fifth most common cause of cancer-related death in males. A gland called the prostate surrounds the urethra right below the bladder in the male reproductive system. It is situated in the abdomen's hypogastric area. The bladder is positioned above the prostate gland in the image to give an idea of its location. In relation to the prostate gland, the rectum is behind it, and the pelvic bone's ischial tuberosity is underneath it. The majority of prostate tumours grow slowly. The body's lymph nodes and bones are two common locations for the spread of cancerous cells. There may be no symptoms at first. Later signs and symptoms include pelvic or back pain, blood in the urine, or trouble urinating. The symptoms of benign prostatic hyperplasia may be similar. Fatigue from decreased red blood cell numbers is one of the later symptoms.

Prostate cancer risk factors include advanced age, family history, and race. 99 percent of cases start around 50. The risk is increased by two to three times if a first-degree relative has the condition. Additional concerns include eating a lot of processed meat and red meat, while research on the risk of consuming a lot of dairy products is conflicting.

Although no explanation for this connection has been revealed, there has been a correlation with gonorrhoea. The breast cancer gene (BRCA) mutations come with an elevated risk.

Biopsy is used for diagnosis. In order to determine whether metastasis is present, medical imaging may be used.

Prevention

Diet and lifestyle: Poor data exist on the connection between diet and prostate cancer. However there is a link between eating a Western diet and the incidence of prostate cancer. There is little to no data linking trans fat, saturated fat, and carbohydrate consumption to prostate cancer. There is no proof that omega-3 fatty acids can help prevent prostate cancer. Although some vitamin supplements may raise the risk, they seem to have no effect.

Advanced prostate cancer has been connected to high calcium supplementation levels. Fish may reduce prostate cancer fatalities, but it doesn't seem to have an impact on incidence. There is some evidence to suggest that a vegetarian diet, lycopene, selenium-rich cruciferous vegetables, soy, beans, and/or other legumes reduce the risk of prostate cancer.

Frequent exercise, especially strenuous activity, may modestly reduce risk.

Medications: Finasteride and dutasteride, 5-alpha-reductase inhibitors, lower the overall risk of prostate cancer in people who have routine screenings. There aren't enough data to say whether they alter the probability of fatalities, although they might make more serious cases more likely.

Signs and symptoms

Usually, early prostate cancer does not show any overt signs. As soon as they do, they frequently resemble those of benign prostatic hyperplasia. These symptoms include the inability to start and maintain a continuous stream of urination, difficulties urinating frequently, nocturia (increased urination at night), hematuria (blood in the urine), dysuria (painful urination), and weariness brought on by anaemia, and bone discomfort. According to one study, one or more of these symptoms were present in around one-third of diagnosed patients.

Because the prostate gland surrounds the prostatic urethra, prostate cancer is linked to urinary problems. Urinary function is directly impacted by changes inside the gland. Prostate cancer may also affect sexual function and performance, such as difficulties getting an erection or painful ejaculation, since the vas deferens secretes semen into the prostatic urethra and seminal fluid into the vas deferens.

The symptoms of metastatic prostate cancer may be more severe. The most typical symptom is bone pain, frequently in the ribs, pelvis, or vertebrae (bones of the spine). The area of the bone closest to the prostate is typically where cancer spreads to other bones, such the femur. The spinal cord may become compressed by prostate cancer in the spine, resulting in tingling, limb weakness, and faecal and urine incontinence.

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