

WHAT IS PROSTATE CANCER AND WHAT ARE THE METHODS OF TREATMENT?

Prostate cancer is one of the most commonly diagnosed cancers among men. Prostate cancer is usually characterized by a relatively mild and slow course. The disease can develop asymptotically for up to several years. Therefore, cancer prevention is very important, especially among men with a genetic burden, that is, those who have previously had prostate cancer in their family, or who are suspected of having this cancer before the age of 45. Today's medicine offers research, such as the 4K test, which makes prostate cancer more predictable even several years in advance.

Prostate cancer mainly affects men after 60 years of age, but it should be remembered that men after 45 or 40 years of age should be interested in preventing this disease, if there have already been documented cases of the disease in the patient's family. In younger men, that is, around 45 years of age, the disease is diagnosed less often. However, if it is diagnosed, it is unfortunately usually malignant prostate cancer.



What is prostate cancer?

Prostate cancer may be clinically significant or insignificant. Prostate cancer is a spectrum of different malignancies (Gleason score of 6-10 or Grade 1-5). Only on the basis of biopsy, MRI, other factors can a decision be made on the clinical significance of the tumor.

Less aggressive forms of the disease should be very carefully and systematically monitored, for example, on the basis of regular PSA tests, control biopsies, in the case of less malignant tumors, surgery and aggressive treatment at the beginning of the disease are usually not necessary.

Despite the fact that most often the course of prostate cancer is asymptomatic, it often happens that at the time of diagnosis of the disease, it is already so developed that there are metastases to other organs or infiltration into neighboring tissues. Then we say it's a locally advanced or metastatic cancer.

The most common symptoms of prostate cancer include:

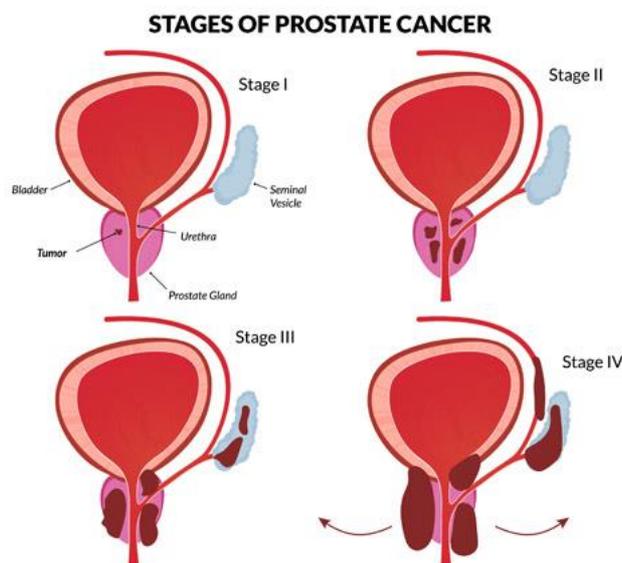
- difficulty urinating,
- burning during urination,
- bleeding during micturition,
- blood in semen,
- abdominal pain and erectile dysfunction.

As for the metastasis of cancer cells to other organs, prostate cancer most often attacks the bones and lymph nodes of the pelvis. In this situation, there are severe bone pains, unfortunately, they are in many cases wrongly mistaken by patients with symptoms of osteoporosis.

Prostate cancer-what are the possible treatments?

Many people wonder what the prognosis is when they are diagnosed with prostate cancer. First of all, first of all, a professional diagnosis of a Specialist Urologist is necessary, who will assess at what stage of development is a malignant prostate cancer and whether they are metastasized to other organs. Then the doctor will present possible methods of treatment. Today's Medicine offers several effective ways to treat prostate cancer, these include:

HIFU method-this is a procedure aimed at precise destruction of cancer cells using ultrasonic waves. The procedure is performed using a medical robot. This method is recommended for patients who have not yet developed metastases, with cancer limited to the organ, with low or moderate malignancy. The procedure is minimally invasive, there is no incision of tissues, does not require long hospitalization.



The da Vinci method, or radical prostatectomy with the assistance of a medical robot da Vinci is the most modern and technologically advanced method of treating prostate cancer. Radical prostatectomy laparoscopic – this is a surgical operation, during which the prostate is removed, sometimes along with adjacent lymph nodes. This is a procedure for patients whose prostate cancer is more malignant or locally advanced and cannot be removed using a HIFU medical robot.

Radiotherapy of external fields-this is a radical method, which can also be used in patients who have already developed metastases. During therapy, high-energy radiation is used, directed from the outside of the body directly to the tumor foci. The aim of this method is to try the local treatment, irradiation of the lymph nodes and in addition to the relief of pain resulting from possible metastasis of cancer cells to the bone.

Radiopharmaceutical treatment - this is a pharmaceutical method, which involves the elimination of cancer cells, is intended for patients who have bone metastases . During treatment with cancer cells are destroyed, without damaging the bone marrow.

In conclusion, it should be remembered that prostate cancer is a serious disease that can not be underestimated. All stages of diagnosis and treatment should be carried out under the supervision of a Specialist Urologist. It is also worth remembering about cancer prevention. Men in their 40s or 45s should have a PSA test once a year.