



## World Prostate Cancer Awareness Day: A Time Bomb?

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40% of men over 50 will suffer from prostate disease. The importance of controls for early detection of prostate cancer is associated with a higher cure rate. Recent years have seen a growth in the number of prostate cancer cases in Western countries. The increase in life expectancy brought with it the incidence of this increasingly frequent pathology. Specialists insist on the importance of early controls. Prostate diseases have increased in recent years and according to age the impact on the person who suffers it may increase. One of the aspects that generates concern in doctors is the lack of controls carried out by men, who, unlike women, do not have routine annual controls incorporated to prevent or treat this disease. 40% of men over 50 years of age will suffer from prostate disease at some point, and that percentage increases over time, reaching 80-90% at 80 years of age.

Controls, a balanced diet and early diagnosis are the keys to their care. Every September 15, with the aim of raising awareness about the importance of prevention, World Prostate Health Day is commemorated. Prostate cancer is the most common visceral tumor in men and was the second leading cause of death in men over 50 years after lung cancer until the end of the 20th century. The incidence of cancer in men and women (breasts, ovaries, uterus) is associated with the growth and aging of the population due to the longer life expectancy, but in men the impact is greater due to the few medical controls they carry out.

EARLY DETECTION IS ESSENTIAL FOR A SUCCESSFUL TREATMENT Studies carried out worldwide showed that the use of early diagnosis programs increased the detection of localized tumors that could

be cured and the decrease in death due to prostate cancer. Currently, thanks to early diagnosis, CAP has become the third leading cause of death after lung and colorectal cancer. Benign prostatic hyperplasia (BPH) The prostate is a gland of the male reproductive system, which is located between the bladder and the urinary sphincter, in front of the rectum. It contains cells that produce part of the seminal fluid that protects and nourishes the sperm. Benign prostatic hyperplasia (BPH) is a condition that is associated with aging that begins around the age of 40 and is characterized by structural changes in the prostate. Although it is not related to prostate cancer, they are two diseases that can coexist. BPH alters the quality of life of the individual and can cause a deterioration of the bladder muscle, alter the function of the kidneys and lead to kidney failure.

The symptoms of BPH are generally:

- A) getting up at night to urinate
- B) decrease in the caliber of the voiding stream
- C) difficulty starting urination
- D) increased voiding frequency
- E) pressing feeling to go to the bathroom when urinating
- F) feeling of busy bladder after urinating.

Treatments The available treatments are divided into two large groups: medical and surgical. Among the medical treatments there are recommendations in the diet that can help and various groups of drugs that improve symptoms. Within the surgical treatments there are minimally invasive surgery options without incisions with rapid recovery and conventional surgeries. The choice of one or the other alternative depends on each individual patient. Doctors recommend urological controls tailored to each patient since each individual requires a specific approach, taking into account their age and the presence or absence of predisposing factors. Digital rectal examination, prostate specific antigen (PSA), and prostate ultrasound remain the mainstays of early diagnosis. The development of new technologies such as the latest generation radiotherapy, minimally invasive surgery and the latest generation drugs have made it possible to treat this tumor in its early stages with minimal consequences for the quality of life of the patient. Another important aspect is a proper low-fat diet, which includes lots of fruits and vegetables.

**IT IS RECOMMENDED TO MAINTAIN A HEALTHY EATING recommendations**

- Annual checkups with a doctor

- Physical activity
- Reduce fat intake
- Eat lots of fruits and vegetables (broccoli, cabbage, cauliflower, etc.).
- Eat foods rich in fiber (whole grains), nuts, seeds, soybeans, oats and brown rice.
- Avoid spicy foods, alcohol, caffeine and those substances that irritate the urinary tract.
- Reduce the consumption of red meat and saturated fat
- Drink lots of water to keep your bladder clean.