

Prostate cancer cases to double in 20 years

The number of men diagnosed with prostate cancer – the most common form of male cancer in over 100 countries – is projected to double to 2.9 million per year by 2040, with deaths rising by 85% to 700,000

SYMPTOMS

Bladder

More frequent need to urinate, or difficulty urinating, often at night, feeling that bladder isn't empty

Ureter

Prostate gland

Enlargement – with similar symptoms to cancer – common in men over 50. Ageing population means symptoms will be seen more frequently
May not indicate cancer

Pelvic lymph nodes:

Cancer can spread throughout body via lymphatic or blood system leading to:

Lack of appetite, weight loss

Back, bone pain

Penis: Blood in urine or semen

Testicle pain

TREATMENTS

1 Watchful waiting: Minimal testing. Most prostate cancer grows slowly and may cause no problems during lifetime

2 Active surveillance: MRI scans, regular blood tests for Prostate Specific Antigen, and biopsy if indicated

Biopsy involves removal of prostate tissue for testing

Prostate gland

Enlargement – either benign or due to swelling of tumour – can obstruct urine flow

3 External beam radiotherapy

Externally-applied high energy X-rays destroy localised cancer

5 Brachytherapy:

Radiation source applied internally

7 Hormone therapy

Stops testosterone production, keeping prostate cancer under control if it has spread

4 Radical prostatectomy

Surgical removal of entire prostate including cancer

6 High-frequency ultrasound:

High energy beam kills cancer cells

8 Chemotherapy

Anti-cancer drugs kill cancer cells anywhere in body