

A Brief Note on Prostate Cancer

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Received date: September 30, 2021; Accepted date: October 14, 2021; Published date: October 21, 2021

Citation: Nachega JB (2021) A Brief Note on Prostate Cancer. *Epidemiol Sci* 11: e001.

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Editorial Note

Prostate cancer is a type of cancer which effects the prostate gland. The prostate is a male reproductive organ that surrounds the urethra slightly below the bladder. The majority of prostate cancers grow slowly. Cancerous cells have the capacity to spread to other parts of the body, especially the bones and lymph nodes. It may not produce any symptoms initially. Symptoms in the later stages include pain or difficult urinating, blood in the urine as well as pain in the pelvic or back. Symptoms for benign prostatic hyperplasia may be similar. Fatigue because low red blood cell count is also another late symptom.

Older age, family history, and race all seem to be risk factors for prostate cancer. Approximately 99% of cases occur after the age of 50. The first relative with the illness increases the risk two-to three-fold. Other risk factors include a high consumption of processed foods, meat and red meat, whereas a high intake of milk products is uncertain. An association with gonorrhoea has been detected, although no cause for this correlation has been established. BRCA mutations are connected with an elevated risk. Biopsy is used to make a diagnosis. Medical imaging may be used to determine the presence of metastasis.

Prostate cancer screening, including Prostate-Specific Antigen (PSA) testing, enhances cancer diagnosis, although it is debatable if it improves outcomes. For people aged 55 to 69, making informed decisions is advised. If testing is done, it is more suitable for people who have a longer life expectancy. Although 5-reductase inhibitors appear to reduce the incidence of low-grade cancer, they have no effect on the risk of high-grade cancer and are not indicated for Prevention. Supplementation with vitamins or minerals does not shown to reduce risk.

Signs and symptoms

Symptoms of early prostate cancer are typically non-specific. When they do occur, they frequently resemble benign prostatic hyperplasia. Frequent urination, nocturia (increased urination at night), trouble

initiating and keeping a constant stream of urine, hematuria (blood in the urine), dysuria (painful urination), tiredness owing to anemia, and bone discomfort are some of the symptoms. According to one research, one-third of diagnosed individuals experienced one or more of these symptoms.

Because the prostate gland surrounds the prostatic urethra, prostate