

# Prostate Cancer

Known as a silent killer because men often do not have symptoms in early stages, prostate cancer is the most common form of cancer other than skin cancer among men in the United States and is the second leading cause of cancer deaths among men. If prostate cancer is detected early and before the cancer spreads, patients have a nearly 100% chance of survival after five years; however, this rate decreases for those diagnosed with late-stage disease.

## Statistics

- **One in eight** men will be diagnosed with prostate cancer in his lifetime.
- **One in 44** men will die from the disease, making it the **second most common cause of cancer death** in men.
- In 2024, **299,010 new cases** of prostate cancer will be diagnosed in the United States, with **35,250 deaths**.
- In Texas, an estimated **20,790 new cases** of prostate cancer will be diagnosed in 2024, and **2,360 men will die** from the disease.

## Risk Factors

- **Age:** Men aged 65 and older account for about 60% of all prostate cancer cases diagnosed. The likelihood of developing prostate cancer greatly increases after age 50.
- **Family History:** Men with close relatives (father, brother, or son) who have had prostate cancer are more than twice as likely to develop the disease.
- **Race:** U.S. and Caribbean Black men have the highest prostate cancer incidence rate worldwide. The risk of prostate cancer is higher in Black men than white men, for reasons that are unclear.
- **Genetic Factors:** A mutation in BRCA2 or other related genes increases the risk of prostate cancer.
- **Diet:** Men who consume high amounts of high-fat foods, dairy products, and few fruits and vegetables may have a higher risk of prostate cancer.

## Symptoms

The following may be symptoms of prostate cancer but could be linked to other health conditions. If these symptoms are present, men are encouraged to consult their physician for proper testing:

- Weak or interrupted urine flow
- Sudden urge to urinate
- Difficulty controlling urination
- Painful or burning urination
- Blood in urine or semen
- Pain or pressure in rectum
- Frequent pain or stiffness in spine, pelvis, hips, ribs, thighs, or other bones
- Difficulty having an erection
- Painful ejaculation
- Decrease in amount of fluid ejaculated
- Frequent urination, especially at night
- Difficulty fully emptying bladder
- Weakness or numbness in legs or feet
- Pain or discomfort when sitting
- Anemia

## Prevention

- Some studies suggest eating a variety of fruits and vegetables may help reduce prostate cancer risk. Soy, pomegranate, green tea, turmeric, and broccoli are rich in substances that may help prevent prostate cancer.
- Reduce consumption of foods high in fat or dairy may lower prostate cancer risk.
- Regular exercise may decrease the risk of prostate cancer.
- Maintain a healthy body weight, as obesity can further complicate prostate cancer.

## Screening

Men should discuss the risks and benefits of prostate cancer screenings with their physician to make an informed decision about testing. Prostate screenings can include the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).

- Most men should consider regular prostate screenings beginning at age 50.
- Men whose father, brother, or son were diagnosed with prostate cancer before age 65 may be at higher risk and should consider testing beginning at age 45.
- Black men should consult with their physician between age 40 and 45 about obtaining an initial PSA test, followed by regular screening intervals until age 70.
- Men should consider screening at age 40 if more than one first-degree relative was diagnosed with prostate cancer at an early age.

## Treatment Options

Prostate cancer may be treated by a medical oncologist and other specialists such as a urologist and radiation oncologist. Treatment options vary depending on how advanced the cancer is and if it has spread to other body parts. Physicians will work together to determine the optimal treatment plan for each patient. Options may include surveillance, surgery, radiation therapy, proton therapy, hormone therapy, chemotherapy, targeted therapy, vaccine treatment, bone-directed treatment, immunotherapy, cryotherapy, and palliative medicine.

## About Texas Oncology

With more than 530 physicians and 280 locations, Texas Oncology is an independent private practice, a member of The US Oncology Network, that sees more than 71,000 new cancer patients each year. Founded in 1986, Texas Oncology provides comprehensive, multidisciplinary care, and includes Texas Center for Proton Therapy, Texas Breast Specialists, Texas Colon & Rectal Specialists, Texas Oncology Surgical Specialists, Texas Urology Specialists and Texas Infusion and Imaging Center. Texas Oncology's robust community-based clinical trials and research program has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).

*Sources: American Cancer Society, American Society of Clinical Oncology, Centers for Disease Control and Prevention, National Cancer Institute, Prostate Cancer Foundation, and Urology Care Foundation*



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