

A LOOK BACK AT OUR WEBINAR

EVERYTHING ON RISK FACTORS AND DETECTION

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PARTNERS



ASSOCIATION DES
UROLOGUES
DU QUÉBEC

5 POINT SUMMARY.

1. ARE VASECTOMY, RED MEAT, ANIMAL FAT, OR OBESITY RISK FACTORS FOR PROSTATE CANCER?

Current knowledge about prostate cancer is still incomplete, especially with regard to its risk factors. In addition to age, family history and racial origin (black men) which are established risk factors, poor diet (junk food) and other environmental factors may contribute. Vasectomy, masturbation, inflammation of the prostate and BPH do not increase the risk of prostate cancer, while being overweight may increase the risk of more advanced cancer at diagnosis.

2. PLEASE REVIEW YOUR FAMILY HISTORY

Having family members (such as a father or brother) with prostate cancer increases your risk of developing it too. In fact, your risk can be 2 to 6 times higher depending on how many members of your family have developed the disease. It is essential to consult and inform your doctor from the age of 40-45 of any family history of prostate cancer in order to be able to work together to set up a screening and prevention plan.

3. CAN WE PREVENT PROSTATE CANCER?

As of yet, nothing is proven or approved for preventing prostate cancer. However, it makes sense that your lifestyle, exercise habits, and diet have a big impact on your prostate health, just like your overall health. While good habits can help prevent or reduce the risk of prostate disease and its symptoms, most of all, it affects the longevity of your life and your quality of life.

4. I AM WORRIED BECAUSE I HAVE URINARY SYMPTOMS. IS IT THE BEGINNING OF PROSTATE CANCER?

There are three main diseases of the prostate: BPH, prostatitis and prostate cancer. As the symptoms are similar for all three diseases, it is important not to jump to conclusions or to self-diagnose. Most of the time, prostate cancer is not involved, developing without noticeable symptoms. In the majority of cases, urinary problems are more related to a prostate that grows larger with age. A doctor should be consulted for an accurate diagnosis.

5. DOES A HIGH PSA RATE ALWAYS INDICATE PROSTATE CANCER?

No. It should never be forgotten that PSA is specific to prostate, not prostate cancer. It can increase in the absence of cancer for a variety of reasons: age, racial origin, a benign enlargement or inflammation of the prostate, or a urinary tract infection. Most of the time, the levels return to normal when the problem is treated. One should therefore not draw too hasty conclusions.