

# Prostate Cancer Awareness & Prevention

Men's Health Day 2024

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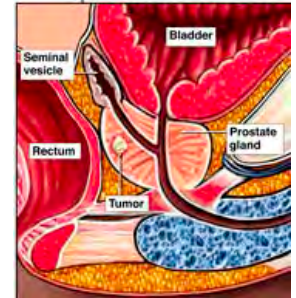
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# Prostate Cancer 101

- Most common solid cancer in men
- In 2024: US 299,010 cases a year, 35,250 deaths
- 3% increased incidence a year
- 5% increase in dx with advanced prostate cancer
- 1 in 8 men dx in their lifetime
- Average age 67 years old
- Higher risk in African American and Caribbean men of African ancestry

# Prostate Cancer Symptoms

- **Asymptomatic** in most patients (early stages).
- Some men, however, will experience symptoms that might indicate the presence of prostate cancer, including:
  - Blood in urine or semen.
  - Painful or burning urination.
  - Difficulty in having an erection.
  - Painful ejaculation.
  - Frequent pain or stiffness in the back and/or bones.
  - Progressive constipation or narrowing of stool caliber.



# How is Prostate Cancer Diagnosed?

- PSA
  - Controversy
  - Ages 55-70
  - Younger if AA, Family history of prostate cancer
- Exam-
  - Incidentally found on imaging



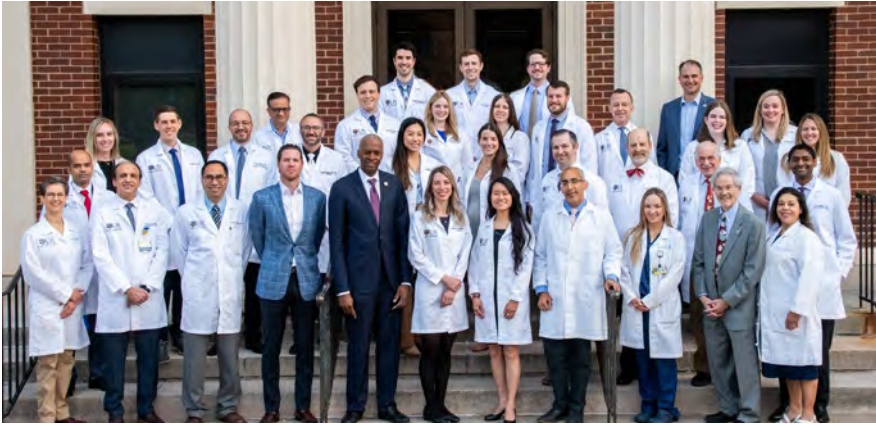
# False Positive PSA Results

## Causes

- Prostatitis
- BPH
- Recent ejaculation
- DRE ?
- Lab error

## Refinements to reduce the number of false positive results

- **Free PSA** : PSA unbound to plasma proteins in blood.
- **PSA velocity**: rate of change of serum PSA
- **PSA Density**: The ratio of PSA to gland volume
- **Age adjusted PSA**



# When to See Urologist and What We Do

- PSA elevated, ? Rising PSA, Prostate nodule, Radiology finding
- Repeat PSA
- PHI/4K/PCA/Age specific PSA etc
- Prostate MRI
- Prostate biopsy



# Prostate Biopsy

- Transrectal vs Transperineal
- MRI guided
- Does not cause cancer to spread
- Side effects

# Prostate Cancer Treatments

- Active surveillance
- HIFU
- Cryoablation
- TULSA
- Steam
- Surgery
- Radiation: seed implementation, HDR, external, proton, cyber knife
- Androgen Deprivation Therapy
- Chemotherapy
- Immunotherapy



# ACS Guideline for Diet and Physical Activity for Cancer Prevention

- **Achieve and maintain a healthy weight throughout life.**
  - Keep your weight within the healthy range, and avoid weight gain in adult life.
- **Be physically active.**
- **Adults:**
  - Get 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week (or a combination of these). Getting to or exceeding the upper limit of 300 minutes is ideal.
- **Children and teens:**
  - Get at least 1 hour of moderate or vigorous intensity activity each day.
  - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.





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# Healthy Eating

- Eating a vegan, vegetarian or lacto-ovo vegetarian diet significantly reduces the overall risk of developing cancer, heart disease and dying early from cardiovascular disease, according to a new “umbrella” analysis of more than 20 years of research.
- In addition to lowering cardiovascular risk factors such as blood pressure and cholesterol, the umbrella analysis found a “protective effect” for specific cancers, including “liver, colon, pancreas, lung, **prostate, bladder**, melanoma, **kidney** and non-Hodgkin lymphoma

# Obesity and Cancer Risk

- Being overweight or obese is clearly linked with an increased risk of several types of cancer, including:
- Breast cancer (among women who have gone through menopause)
- Colon and rectal cancer
- Endometrial cancer (cancer in the lining of the uterus)
- Esophagus cancer
- Kidney cancer
- Liver cancer
- Ovarian cancer
- Pancreas cancer
- Stomach cancer
- Thyroid cancer
- Multiple myeloma
- Meningioma (a tumor of the lining of the brain and spinal cord)
- MAY increase **AGGRESSIVE FORMS OF PROSTATE CANCER**

# Body Weight and Cancer Prevention

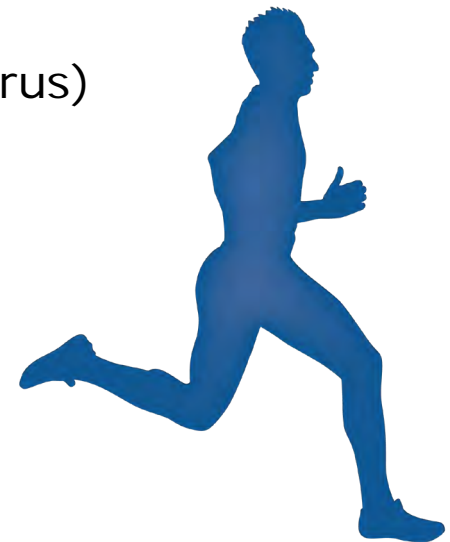


- The dietary factors most often linked with excess body fat include sugar-sweetened beverages, fast foods, and “Western type” diets (diets high in added sugars, meat, and fat), whereas foods containing fiber and “Mediterranean” diet patterns may reduce risk.
- Aerobic physical activity, including walking, is linked with a lower risk of excess body weight, whereas sedentary behaviors (sitting and lying down) and more screen time (such as looking at a phone or computer, or watching TV) is linked with a higher risk.
- Excess body weight is thought to be responsible for about 11% of cancers in women and about 5% of cancers in men the United States.



# Benefits of Physical Activity

- Physical activity has been linked to a lower risk of several types of cancer, including:
  - Colon cancer (for which the link is strongest)
  - Breast cancer
  - Endometrial cancer (cancer in the lining of the uterus)
  - Bladder cancer
  - Esophagus cancer
  - Stomach cancer
  - **MAY reduce risk of Prostate cancer**



**150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week (or a combination of these). Getting to or exceeding the upper limit of 300 minutes is ideal.**

	<b>Moderate intensity</b>	<b>Vigorous intensity</b>
<b>Exercise and leisure</b>	Walking, dancing, leisurely bicycling, ice and roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming
<b>Sports</b>	Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing	Soccer, basketball, field or ice hockey, lacrosse, singles tennis, racquetball, cross-country skiing
<b>Home activities</b>	Mowing the lawn, general yard and garden maintenance	Digging, carrying and hauling, masonry, carpentry
<b>Workplace activity</b>	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, fire fighting)



# PC Survivors-Barriers to Lifestyle Modifications

- Lack of clarity on scientific evidence
- Treatment side effects as a barrier to physical activity
- Lifestyle modification was perceived as unnecessary and survivors were unwilling to make Life style changes
- Lack of time to make lifestyle changes
- Older age making lifestyle changes difficult

# PC Survivors-Barriers : Lack of clarity on Scientific Evidence

- Clarity of evidence thought to be confusing and contradictory
- Uncommon to receive advice from HCP unless prompted
- Since HCP not prompt- consider this not important

# PC Survivors-Barriers :Treatment side effect

- Androgen deprivation  
therapy/Immunotherapy
- Incontinence
- Lack of confidence

## PC Survivors-Barriers: Perceptions as change as unnecessary

- If prostate cancer treated, lifestyle change would not influence health or QOL
- Perception that they have healthy lifestyle
- Cost of healthy food
- Lack of willpower

## PC Survivors-Barriers: Age

- “Cant teach old dogs new tricks”
- Physical limitations

## PC Survivors-Barriers: Time Pressure

- Employment responsibilities
- Family obligations
- Fatigue

## Facilitators of Lifestyle Change

- Receiving advice and guidance from healthcare professions, nutritionists or exercise physiologist
- Having support groups
- Support from family and friends
- Using lifestyle as coping strategies
- Feeling better after lifestyle changes





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