

# Wise Mens' Health reversed!

## Prostate

## In your table groups

### Discuss the following questions

- What do you think is the problem with men when it comes to their health?
- What could be done to improve men's health?



## The fact of the matter

- Prostate problems will effect most men at sometime throughout their lives
- Being aware will enhance the treatment process and may save men's lives
- Prostate problems maybe symptomatic or non symptomatic

## In your table groups

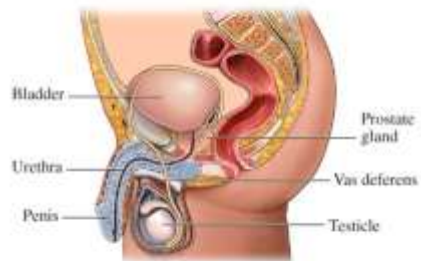
### Discuss the following questions

- Prostate screening should be mandatory for all men after the age of fifty - Including a digital rectal examination (DRE) and a prostate specific antigen (PSA) blood test.
- Do you agree or disagree with this argument and why?



## The prostate gland

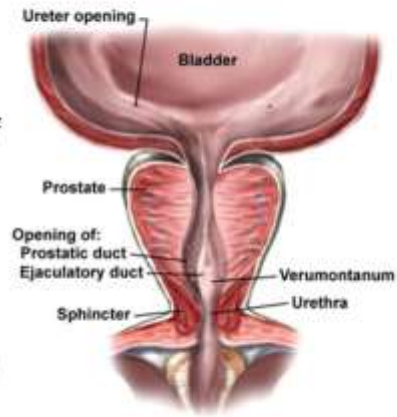
- A small gland positioned under the bladder
- Essential for reproduction and sexual function
- About the size of a walnut
- Produces the seminal fluid which makes up 90% of the ejaculate





## Anatomy

- Wraps around the exit port of the bladder
- Can affect the outflow of urine
- Linked to the seminal vesicles (store sperm)
- Easily felt through the bowel wall (why we do a digital rectal examination)



## Prostate problems

- Prostatitis
- Benign Prostatic Hypertrophy (BPH)
- Prostate cancer



## Prostatitis

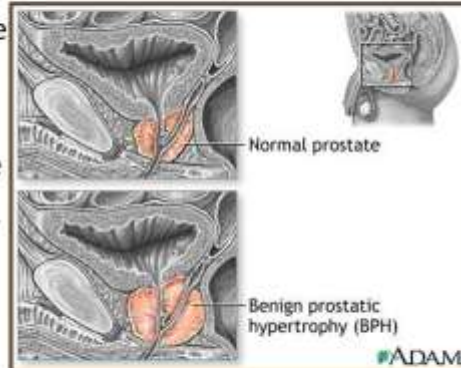
- An inflammatory condition related to an infection in the urinary tract
- Causes symptoms similar to BPH
- It is thought this condition effects at least 1 in 6 men throughout their lives Andrology Australia 2006
- Easily treated with antibiotics
- No long term effects following treatment





## Benign prostatic hypertrophy

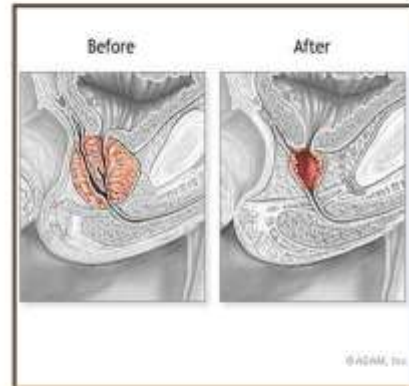
- Enlargement of the prostate tissue
- Impinges urine flow
- Difficulty with passing urine
- Difficulty starting, stopping, controlling flow.
- Voiding frequently overnight
- Fine stream, dribbling, embarrassment





## Treatment options

- Medications to assist in bladder contraction
- Medications to assist outflow of urine
- TURP- resection of the internal portion of the prostate (anaesthetic!!)
- Full recovery, no long term effects, retention of sexual function





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## Video Presentation

**60 minutes "Secret Men's Business"** 2005



11/17

*Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family*



## Prostate cancer

- 1 in 9 get prostate cancer in Australia
- 3300 deaths per year! Prostate Cancer Foundation 2011
- Positive genetic link
- This cancer gives no symptoms at all!!
- Men in rural Australia have a 21% higher prostate cancer mortality rate than men in the city
- Common in older male yet less aggressive
- Poor prognosis in young men
- Detected blood test/ rectal examination
- Multiple treatment options

112-115. Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate-specific antigen testing in Australia.)

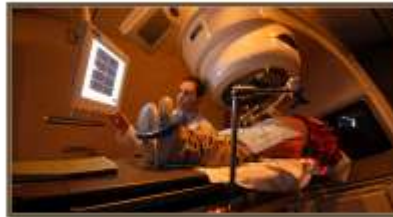
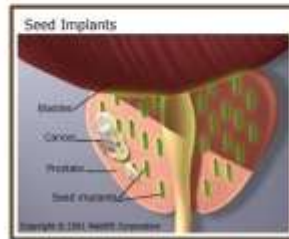
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## Treatment options

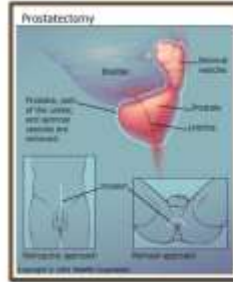
- Watchful waiting (older men)
- Radiation therapy
  - External beam
  - Brachytherapy
  - Seed implants
- Hormone therapy
- Surgical removal
- Natural therapies





## Radical prostatectomy

- Major surgery
- Link to impotence
- Incontinence issues
- 100% cure for prostate cancer
- Only done if cancer is encapsulated in the prostate
- Open or laparoscopic surgery





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HEALTH**

## Video Presentation

**60 Minutes – Sam Newman ‘Moment of Truth’**



15/17

*Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family*



## Tips to take home

- Be aware of a family history of prostate cancer
- Ensure men have a check - up by 50
- Be aware of symptoms (This is often Benign Prostatic Hypertrophy)
- Consider treatments in a timely manner
- Remember prostate cancer has no signs and symptoms!
- A good pelvic floor is essential to recovery



## Wise Men's' Health reverse!

### Prostate cancer