



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Wise Mens Health

Diseases of the Prostate



1/14

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

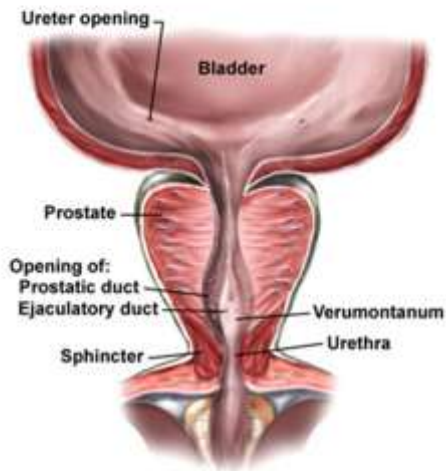


The Fact of the Matter

- Prostate problems will effect most men at sometime throughout their lives
- By being aware will enhance the treatment process and may save your life
- Prostate problems can be symptomatic or non symptomatic



Anatomy



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



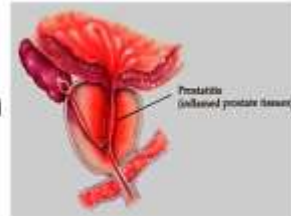
Prostate Problems

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



Prostatitis

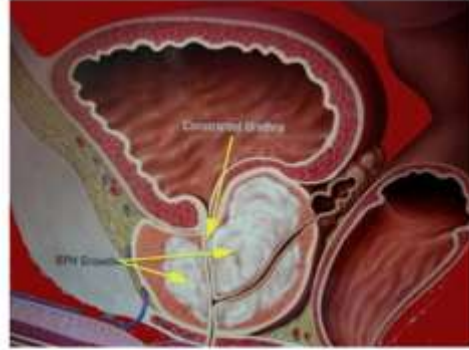
- An inflammatory condition related to an infection in the urinary tract
- Causes symptoms similar to BPH
- Common in older sexually active men
- Easily treated with antibiotics
- No long term effects following treatment





Benign Prostatic Hypertrophy

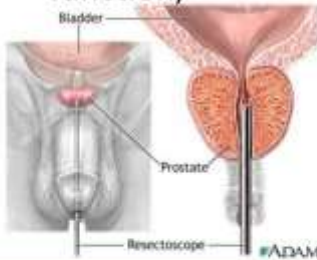
- Enlargement of the prostate tissue
- Impinges on the urine flow
- Difficulty with passing urine
- Difficulty starting, stopping, controlling flow.
- Voiding frequently overnight
- Fine stream, dribbling, embarrassment





Treatment Options

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



GREENLIGHT LASER OPERATION



Treatments options

- [TURP](#)

- [Green Light Laser Therapy](#)





Prostate Cancer

- 1 in 9 will get prostate cancer in Australia
- 3300 deaths per year! Higher than breast cancer
- Positive genetic link to this cancer
- This cancer gives no symptoms at all!!
- Most common in the older male yet less aggressive
- Poorer prognosis in the younger male
- Detected by blood test and rectal examination
- Multiple treatment options
- Can occur as young as forty



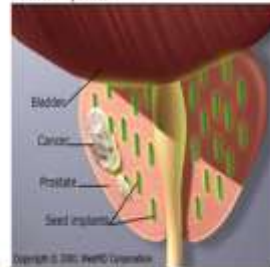
Treatment Options

- Watchful waiting
- Radiation therapy
- External beam
- Brachytherapy
- Seed implants
- Hormone therapy
- Surgical removal
- Natural therapies



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Seed Implants

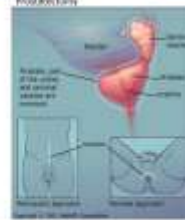


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Radical Prostatectomy

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



Show example evaluation.



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Tips to take home

- Be aware of a family history of prostate cancer
- Ensure men have a discussion and check-up by 50
- Be aware of symptoms (usually benign enlargement)
- Consider treatments in a timely manner
- Remember prostate cancer has no signs and symptoms!



wdhs
Western District
Health Service

1/1/11

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