



**APTA Oncology**<sup>SM</sup>

An Academy of the American  
Physical Therapy Association

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Student and New  
Professional Subcommittee

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**Dx**

**Downloads:**

Prostate

Cancer



# Prostate Cancer



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## Statistics

- **About 1 in 9 men diagnosed with prostate cancer during his lifetime**
- **Second most common cancer diagnosis in American men behind skin cancer**
- **American Cancer Society estimates for prostate cancer in the United States in 2020:**
  - About 191,930 new cases of prostate cancer
  - About 33,330 deaths from prostate cancer

## Risk Factors

- **Increased age**
  - 6 in 10 cases diagnosed in men > 65 years of age
- **Race**
  - Higher risk in African American men
- **Family history**
  - Having a brother or father with prostate cancer more than doubles a man's risk of developing this disease
- **Genetic Mutations:** BRCA1, BRCA2, Lynch Syndrome

## Signs and Symptoms

- **Early stages often have no symptoms**
- **More advanced symptoms include:**
  - Problems urinating
  - Blood in urine or semen
  - Erectile dysfunction
  - Pain in hips, back or spine



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## Treatments

- **Active surveillance**
- **Surgical resection**
- **Radiation therapy**
- **Chemotherapy**
- **Hormone replacement therapy**
- **Immunotherapy**
- **Targeted therapies**

- **Deleterious effect on functional status and QOL**
  - Cancer related fatigue
  - Deconditioning
- **Androgen deprivation therapy (ADT)**
  - Associated with muscle mass depletion and bone density loss
  - Aerobic and muscle strengthening exercises mitigate impacts of ADT
- **Pelvic pain, urinary incontinence and sexual dysfunction secondary to treatments**



## Clinical Implications

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## Physical Therapist's Role

### Prevention

Lifestyle modification to reduce risk of aggressive prostate cancer

### Screen

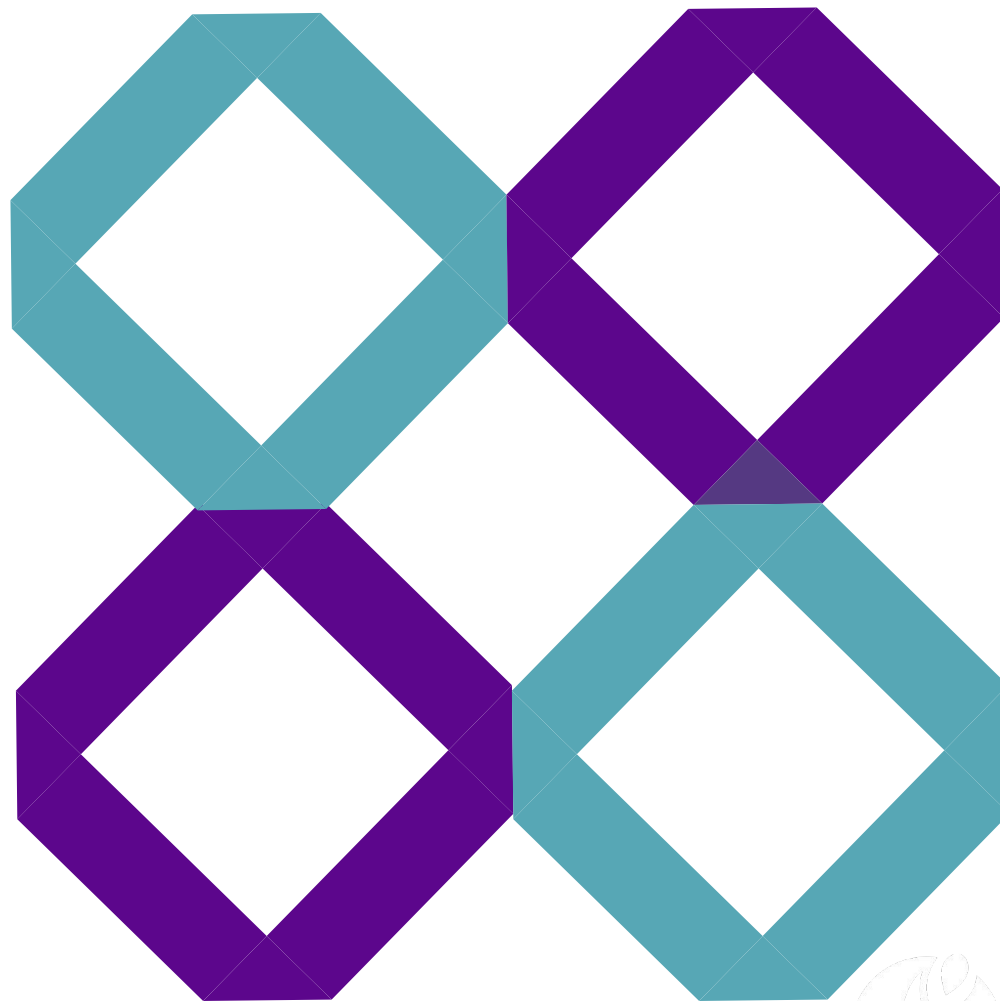
Assess for associated signs and symptoms

### Intervene

Treat impairments from oncological treatments and refer when appropriate

### Educate

Resources for therapists and patients from The Prostate Cancer Foundation



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## Takeaways

1

Regular physical activity before and after prostate cancer diagnosis associated with lowest risk of cancer-related death.

2

Regular screening for common signs and symptoms to help diagnose prior to advanced staging.

3

Physical therapy interventions to reduce impairments secondary to treatment

4

Appropriately prescribed physical activity post treatment is beneficial in reducing both all cause mortality and prostate cancer mortality

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## Resources

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Milios, J.E., Ackland, T.R. & Green, D.J. Pelvic floor muscle training in radical prostatectomy: a randomized controlled trial of the impacts on pelvic floor muscle function and urinary incontinence. *BMC Urol* 19, 116 (2019).

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<https://www.cancer.org/cancer/prostate-cancer/causes-risks-prevention.html>

<https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/>

