Stuent and New Professional Subcommittee

Dx

Downloads: Prostate Cancer
### Prostate Cancer

#### 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
Prostate Cancer

**Clinical Implications**

- 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

**Treatments**

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

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
Prostate Cancer

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.


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