



APTA OncologySM

An Academy of the American
Physical Therapy Association

Student and New
Professional Subcommittee

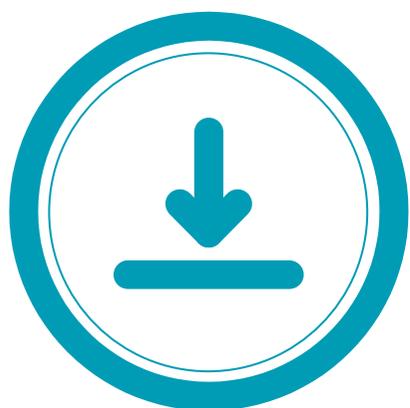


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Downloads:

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

Prostate Cancer



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Physical Therapist's Role

Prevention

Lifestyle modification to reduce risk of aggressive prostate cancer

Screen

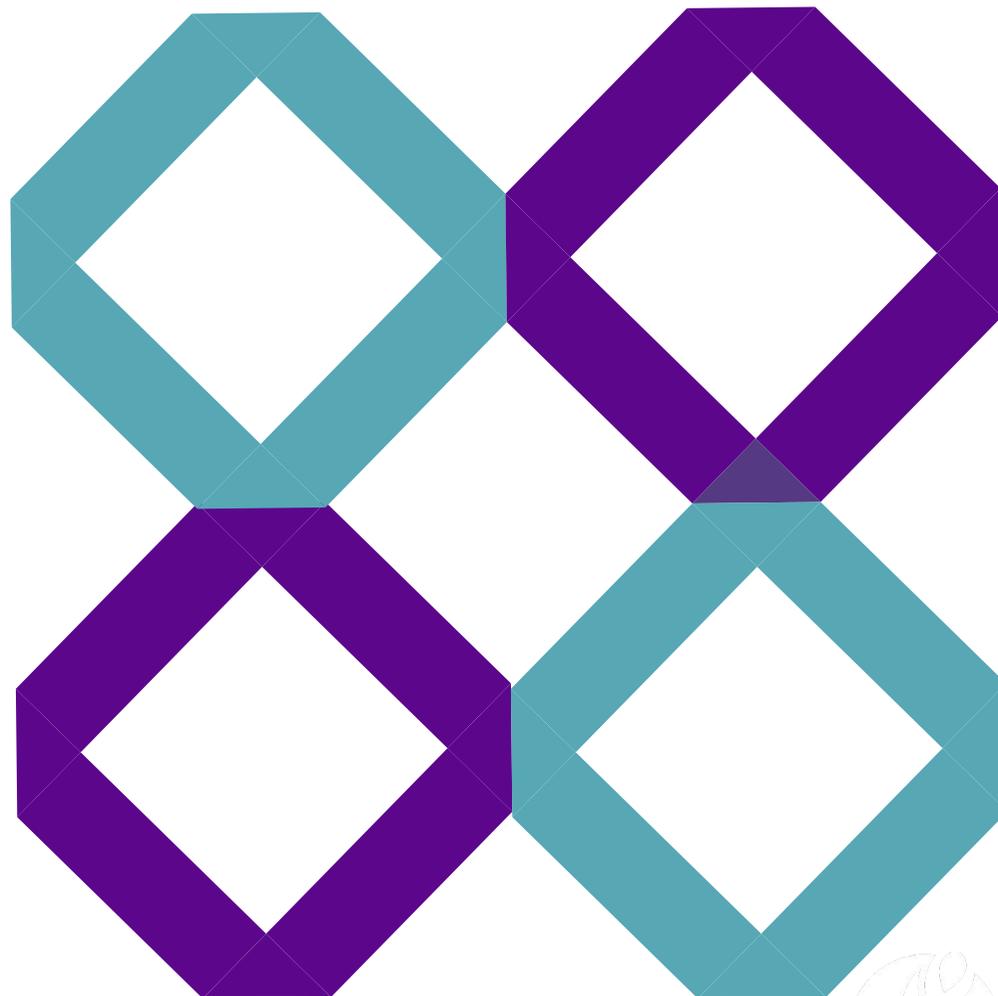
Assess for associated signs and symptoms

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

Prostate Cancer



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Resources

Bargiota A, Oeconomou A, Zachos I, Samarinas M, L Pisters L, Tzortzis V. Adverse effects of androgen deprivation therapy in patients with prostate cancer: Focus on muscle and bone health. *J BUON*. 2020;25(3):1286-1294.

Hodges PW, Stafford RE, Hall L, et al. Reconsideration of pelvic floor muscle training to prevent and treat incontinence after radical prostatectomy. *Urol Oncol*. 2020;38(5):354-371.

Kenfield, S. A., Stampfer, M. J., Giovannucci, E., & Chan, J. M. (2011). Physical activity and survival after prostate cancer diagnosis in the health professionals follow-up study. *Journal of clinical oncology : official journal of the American Society of Clinical Oncology*, 29(6), 726–732.

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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/>

