

Prostate Cancer Article

By Sam Storch, MD

If you don't know what a prostate is or what it does, you're not alone. Most people don't. But it's important to

know that prostate cancer is the second most common cancer in men over age 50, affecting one in three men, and

that prostate disorders, such as an enlarged prostate, affect millions of men each year.

Getting a diagnosis of prostate cancer or developing a prostate disorder isn't all bad news.

Prostate cancer

– if detected early – and other prostate disorders are highly treatable and manageable.

The prostate, located below the bladder and in front of the rectum, is an important gland in the male

reproductive system. As men age, this small organ can become a source of problems. Therefore it's important to

know the risks and symptoms associated with the most common disorders.

“Many people are really afraid of the therapies and surgeries used to treat and manage prostate disorders,”

said Sam Storch, MD, of Urology Partners in Winston-Salem with office hours at Medical Associates of Davie in

Hillsdale. “Most side effects are generally mild and treatable, and the benefits of treatment far outweigh any risks.

But it's very important for patients to make sure that they're in the hands of an experienced urologist – someone

who has performed many similar such procedures.” **The most common prostate disorders include:**

Prostatitis

Prostatitis is an inflammation of the prostate that occurs most often when bacteria normally found in the large

intestine enter the prostate. It can be bacterial or nonbacterial, producing symptoms such as:

- Pain in the lower back or groin
- Urinary problems, such as increased frequency, pain and blood in the urine
- Painful ejaculation
- Frequent bladder infections

Benign Prostatic Hypertrophy

Also known as enlarged prostate, benign prostatic hypertrophy is non-cancerous but can lead to bladder and

kidney damage and incontinence. The most common symptoms include:

- Increased urgency and frequency
- Leaking
- Inability to urinate

Prostate Cancer

For men age 50 or older or African-American men age 40 or older, prostate health is especially important. Annual

prostate exams and PSA blood tests, administered by a family physician, can detect prostate cancer. Symptoms can include:

- Frequent need to urinate, especially at night
- Difficulty urinating
- Pain or burning sensation during urination
- Erectile dysfunction
- Painful ejaculation
- Blood in urine or semen
- Lower back pain

“While there is nothing proven to prevent prostate disorders, a healthy diet and regular exercise are a good first step to avoiding prostate disease,” Storch said. “There are some medicines available that may reduce the progression of benign prostatic hypertrophy and there continue to be studies on the effects of nutrients, such as lycopene, found in tomatoes, and selenium.”

Sam Storch, MD, is a board-certified urologist at Urology Partners in Winston-Salem and office hours at Medical Associates of Davie in Hillsdale. He lives in Lewisville with his wife, Robin.