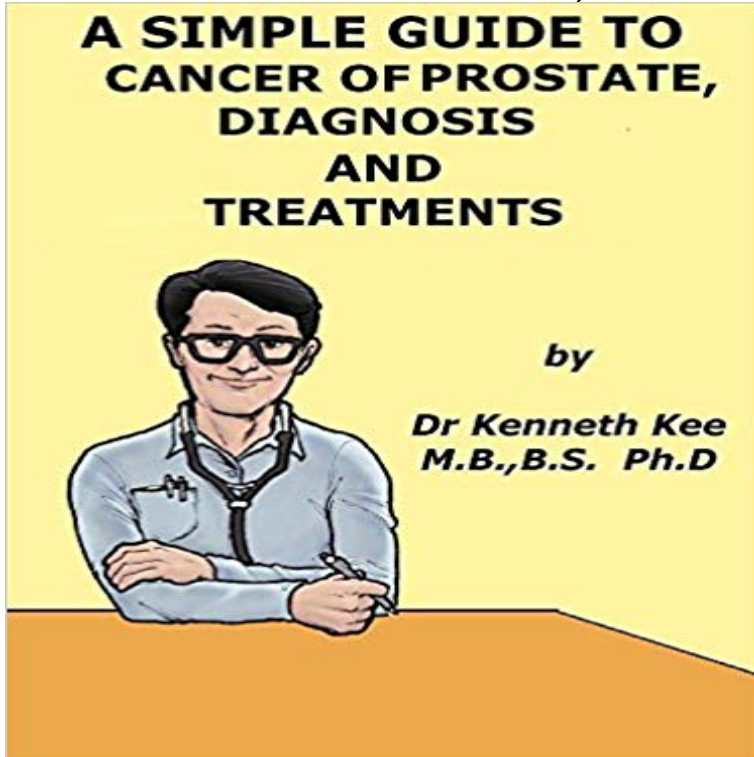


# A Simple Guide to Prostate Cancer, Diagnosis and Treatment (A Simple Guide to Medical Conditions)



Introduction Ode to Prostate Cancer No one wants cancer or his body cell to becomes mutant But when the body mutates and become malignant There is nothing much that you can do about it All you do is hope the cancer cells can be removed by surgery The other treatments in the past is radiotherapy or chemotherapy Now there are stem cells, hormone treatment and immunotherapy Targeted therapy is focused directly on a particular cluster of cancer cells The exact location where the cancer cells dwell Avoid smoking if possible; cigarette smoke has 40 types of carcinogens Avoid alcohol which can cause cancer of mouth, esophagus and liver conditions Avoid chemicals like asbestos, aflatoxins from nuts and silica Avoid sun rays, radiotherapy from phones, viral infections and trauma -An original poem by Kenneth Kee Interesting Tips about the Prostate Cancer A Healthy Lifestyle 1. Take a well Balanced Diet 2. As usual the treatment of cancer consists of Surgery, Radiotherapy and chemotherapy. The choice of treatment depends on the size, extent and the type Ovarian cancer and the general health of the patient. Surgery or radiotherapy may help treat the more aggressive cancers that are most often found in middle-aged men. In serious cases, the tumor in the prostate gland can be removed with surgery. After surgery, it is important that the patient has a healthy diet to build up strength and resistance. The patient must also be monitored closely, as in some cases the cancer could recur. In rare cases, chemotherapy may be necessary for cancer which has spread to outside of the prostate. Some mild cases may not require surgery, but require regular monitoring by doctors. The treatment decision will depend on a combination of clinical and psychological factors. Men diagnosed with localized prostate cancer today will likely live for many years. Careful consideration of the different

options is an important first step in deciding on the best treatment course. The latest treatment advice is that unless the prostate cancer is aggressive the remaining slow growing prostate cancer can be left alone as the life span with or without treatment is about the same. There is no point in subjecting the patient to unnecessary treatment. The aggressive prostate cancer should be treated aggressively because of the high fatality. Hormonal therapy such as DES (diethylstilbestrol) or castration may be effective in palliative treatment.

3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body
4. Get enough rest and Sleep Avoid stress and tension
5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking. It also interferes with blood supply and healing.

Chapter 1 Prostate Cancer Cancer of the prostate occurs when the cells of the prostate gland mutate and turn cancerous. I had an Indian Mundore (person in charge of removing rubbish in a public housing estate) who used to bring his family and himself to see me I usually charged him a very cheap rate because he was poor. He developed prostate cancer shortly after his second child was born. I did a digital rectal examination on him and found his prostate to be hard and lumpy. It was Prostate Cancer Int

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