

Introduction

Prostate cancer affects the prostate gland. The prostate is a small, walnut-sized gland under the bladder. It produces a thick, white fluid that mixes with sperm to make semen. When cells in the prostate gland develop DNA changes, they cause them to grow and divide uncontrollably instead of dying as they should, forming tumours that can spread. Prostate cancer is most common in men over the age of 50 or from a Black African or Caribbean background, although anyone with a prostate can get it. Many prostate cancers are slow-growing and may not cause symptoms or require treatment for years. However, others are aggressive and spread quickly.

Case Study

Mr Brown is an Afro-Caribbean man aged 67. He is a retired school teacher and was diagnosed with hypertension 10 years ago, which is medically controlled. His father (who is now deceased) was diagnosed with prostate cancer at 70 years. Mr Brown is a non-smoker but occasionally drinks alcohol. He has presented himself at the oncology department with difficulty in urination, increased urinary frequency (especially at night), with traces of blood, a weak urine stream, and a sensation of incomplete bladder emptying for the past 10 months. He has now been diagnosed with stage 4 prostate cancer.

Questions for discussion

- What are the main approaches and strategies that could be used to **measure** prostate cancer?
- What are the main approaches and strategies that could be used to **monitor** prostate cancer?
- What are the main approaches and strategies that could be used to **control** prostate cancer?
- Identify some **factors** that may influence the health and well-being of individuals affected by prostate cancer. What health education information will you give to the community about this disease?

As this is a discussion, you will be awarded a mark based on the knowledge, understanding, and skills that you demonstrate during your talk and discussion. You may be asked questions to clarify any points you make as part of this. Your work must be underpinned by researched facts and data that show your research skills and understanding of the key points that you have included.