

Treatment

If detected early, there are many treatment options available. These options may include:

- **Surgery** - Removal of entire prostate
- **Radiation Therapy** – High-energy x-rays to damage cancer cells

Discuss treatment options and side effects with your physician

- **Radioactive Seeds** – Implanted into the prostate to kill cancer cells
- **Hormone therapy** – Injections to prevent prostate cancer cell growth

Prevention

The causes of prostate cancer are not fully known, but you can reduce your risk by -

Leading a Healthy Lifestyle:

- Eat a low fat diet with lots of fruits and vegetables
- Eat less red meat, especially high-fat or processed meats
- Exercise regularly each week



Getting Regular Medical Checkups:

- Early detection = better treatment outcomes
- Your physician may recommend a rectal exam or a PSA (prostate specific antigen) blood test



National Cancer
Institute of Kenya
NCI - KENYA



PROSTATE CANCER



PROSTATE CANCER AWARENESS



All that Men Should Know

The National Cancer Institute of Kenya

Kilimani, Ragati Road

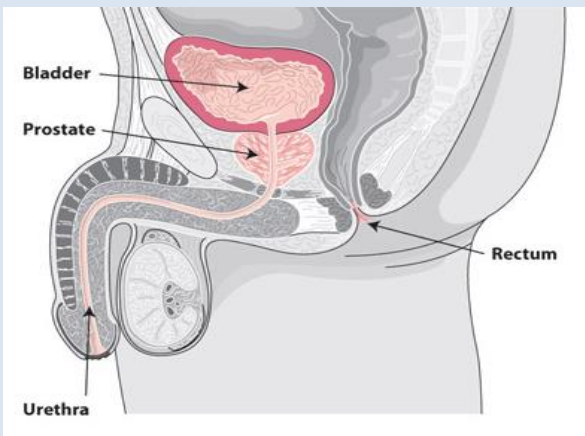
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What is Prostate Cancer?

- Prostate cancer affects the cells in the prostate, which is a walnut-sized gland, located below the bladder and just in front of the rectum.
- Over time, if not treated, the cancer may spread to other parts of the body.



How Common Is It?

- Prostate cancer is the most common cancer in Kenyan men.
- It's a leading cause of cancer in men globally.

Signs/Symptoms

There are often no symptoms in the early stages of prostate cancer. Sometimes early symptoms include:

- Need to urinate frequently
- Difficulty/inability starting urination
- Weak or interrupted flow of urine
- Painful/burning urination
- Painful ejaculation
- Pain or stiffness in the lower back hips or upper thighs

Regular medical exams and seeking medical advice at the first sign of symptoms can lead to early detection, better treatment outcome, and cure

Quick Facts:

- Prostate cancer in Kenya is leading among the new cases in males accounting to 21.9% of all new cases
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Source: National Cancer Registry, 2023



Who is at Risk?



All men can develop prostate cancer, however some men are at greater risk:

- Men 50 years and older
- Diet high in red meat and full-fat dairy products
- Physical inactivity
- Family history of prostate or maternal breast cancer
- Previous vasectomy



Normal Prostate

Enlarged Prostate