



THE TRINIDAD & TOBAGO CANCER SOCIETY

Prostate Cancer

Early Detection & Treatment Guidelines

What is prostate cancer?

Prostate cancer is a malignant tumor that develops in the prostate gland, a small gland that produces seminal fluid. Most prostate cancers grow slowly, but some are aggressive and spread rapidly.

Why is prostate cancer awareness important?

- Most common cancer in men worldwide.
- Second leading cause of cancer deaths in men.
- Early detection improves survival rates significantly.

What are the risk factors for prostate cancer?

- Age – Risk increases after 50, but cases in younger men are rising.
- Family History – Having a father or brother with prostate cancer doubles the risk.
- Race & Genetics – African-Caribbean men have higher risk & more aggressive forms.
- Diet & Lifestyle – High saturated fat intake, obesity, and lack of physical activity increase risk.
- Testosterone Levels – Higher levels may fuel cancer growth.

What Are the Symptoms of Prostate Cancer?

Early-stage prostate cancer often has NO symptoms, but as it progresses, men may experience:

- Frequent urination, especially at night.
- Weak or interrupted urine flow.
- Difficulty starting or stopping urination.
- Painful urination or ejaculation.
- Blood in urine or semen.
- Persistent lower back, hip, or thigh pain (if cancer spreads).

If you notice any of these symptoms, consult your doctor.

Prostate cancer screening: When and how?

Screening helps detect prostate cancer before symptoms appear.

Who should get screened?

- Average-risk men – Start at 50.
- High-risk men (family history, African-Caribbean ancestry) – Start at 40-45. (Consult your doctor)
- Men over 70 – Screening decisions should be individualized.

Screening tests

- PSA Blood Test – Measures prostate-specific antigen levels. High levels may indicate cancer but can also be caused by infections or an enlarged prostate.
- Digital Rectal Exam (DRE) – The doctor feels the prostate for abnormalities.
- MRI & Biopsy – If PSA is elevated or DRE is abnormal, further testing confirms cancer.

Screening should be discussed with a doctor to weigh benefits and risks.

How is prostate cancer treated?

Treatment depends on cancer stage, aggressiveness, and patient health:

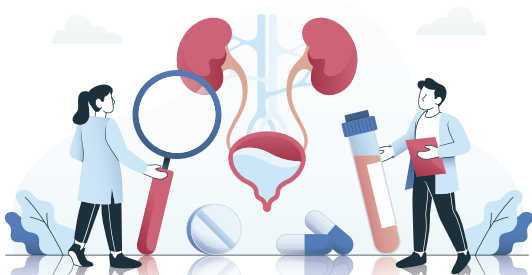
- Active Surveillance – For slow-growing cancers, regular monitoring instead of immediate treatment.
- Surgery (Radical Prostatectomy) – Removes the prostate if cancer is localized.
- Radiation Therapy – Targets cancer cells, used alone or after surgery.
- Hormone Therapy (Androgen Deprivation Therapy - ADT) – Reduces testosterone to slow cancer growth.
- Chemotherapy & Targeted Therapy – Used for advanced or aggressive prostate cancer.
- Immunotherapy – Newer options are available for some cases.

Can prostate cancer be prevented?

- Healthy Diet – Eat more fruits, vegetables, and whole grains, reduce red & processed meats.
- Exercise Regularly – Lowers risk and improves overall health.
- Maintain a Healthy Weight – Obesity is linked to more aggressive prostate cancer.
- Quit Smoking & Limit Alcohol – Both contribute to cancer risk.

Key questions to ask your doctor

- Do I need a PSA test every year?
- At what age can I stop screening?
- If diagnosed, what are my treatment options?





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Note: This information is based on guidelines
and data available as of 2026. For personalized
medical advice, always consult with a
healthcare professional.

www.who.int
www.health.com

