



PROSTATE CANCER

Queensland^{1,2}

- ✳ 3891 Queenslanders were diagnosed with prostate cancer in 2014, making it the most commonly occurring cancer in men (excluding non-melanoma skin cancer). Prostate cancer made up 26 per cent of all male cancers.
- ✳ 597 men died from prostate cancer in 2014 making it the second most common cause of male cancer deaths after lung cancer.
- ✳ Prostate cancer was responsible for 12 per cent of all male cancer deaths.
- ✳ The approximate lifetime risk of a Queensland male to be diagnosed with prostate cancer before the age of 85 is one in five.
- ✳ The approximate lifetime risk for a Queensland male to die of prostate cancer before the age of 85 is one in 25.
- ✳ In 2014, 76 per cent of all prostate cancer deaths occurred after 74 years of age.
- ✳ On average, men diagnosed with prostate cancer were 94 per cent as likely to live for another five years compared to the general population.

Australia³

- ✳ Prostate cancer is the most common form of cancer in Australian men (excluding non-melanoma skin cancer).
- ✳ After lung cancer, prostate cancer causes more deaths among Australian men than any other kind of cancer.
- ✳ Prostate cancer is rare before the age of 45.
- ✳ At least 80 per cent of prostate cancers occur in men aged 60 years and over, and 98 per cent of deaths from prostate cancer occur in men aged 60 years or over.
- ✳ After diagnosis, the majority of men survive for 10 years or more.⁴

General Information⁵

- ✳ The prostate is a small gland that sits below the bladder. The gland, which is about the size of a walnut, is part of the reproductive system. Only men have a prostate gland. The prostate gland produces fluid that helps to feed and protect sperm. This fluid is the main component of semen.
- ✳ Prostate cancer develops when abnormal cells in the prostate gland start to grow more rapidly than normal cells, and in an uncontrolled way. Most prostate cancers grow more slowly than other types of cancer, although this is not always the case.

¹ Queensland Cancer Registry, 2017. Unpublished data (1982-2014).

² Queensland Cancer Statistics On-Line, 2017. Viertel Cancer Research Centre, Cancer Council Queensland (<https://qcsol.cancerqld.org.au/>). Based on data released by the Queensland Cancer Registry (1982-2014; released January 2017)

³ Australian Institute of Health & Welfare 2017. *ACIM (Australian Cancer Incidence and Mortality) books: Prostate cancer* (<http://www.aihw.gov.au/acim-books/>). Canberra: AIHW.

⁴ Australian Institute of Health & Welfare 2017. *Cancer in Australia 2017*. Cancer series no 101, Cat. No. CAN 100. Canberra: AIHW.

⁵ Cancer Council Australia. (2016). *Understanding Prostate Cancer* [brochure]. Cancer Council Australia



Symptoms⁶

- ✳ In the early stages, prostate cancer does not usually produce any symptoms. Symptoms are caused by the prostate growing and causing the urethra to narrow.
- ✳ Men with symptoms suggestive of prostate disease are advised to see their doctor. In most cases the problems are due to benign (non-cancerous) enlargement of the prostate gland, but can also be due to cancer. Symptoms include:
 - Difficulty in passing urine or weak flow
 - Passing urine more frequently than usual, especially at night
 - Difficulty in starting the flow of urine
 - Blood in urine
 - Pain when passing urine and
 - Any of the above symptoms combined with pain in the lower back, upper thighs or pelvic area.
- ✳ Most prostate cancers are slow growing, generally occur in men over 50 years and often do not shorten life. A man may have prostate cancer without it causing him any physical problems.⁷

Risk factors⁸

- ✳ age, increasing rapidly over 50 years
- ✳ family history of prostate, breast or ovarian cancer
- ✳ a diet high in fats and low in fresh fruit and vegetables
- ✳ men of African descent are at higher risk than men of European or Asian descent
- ✳ there is an association with high testosterone levels.

Detection^{Error! Bookmark not defined.}

- ✳ The most common tests for prostate cancer are the PSA (prostate specific antigen) blood test, rectal examination and biopsy. Prostate screening approaches are still being investigated.
- ✳ The PSA test does not indicate with complete certainty that a person does or does not have prostate cancer – only one in three men with a higher than expected result are found to have prostate cancer. However, it does guide the decision about whether further tests could be beneficial.
- ✳ A biopsy is the only definitive way of telling whether you have prostate cancer.
- ✳ Unfortunately, there is not yet a test available that is very good at differentiating between aggressive cancers and those which could be left alone. That's why it's important for men who are thinking about being tested to be fully aware of the pros and cons of testing, and to make a decision they are comfortable with on that basis.
- ✳ Men with a family history of prostate cancer may have increased risk themselves of developing prostate cancer. They are advised to see their doctor for ongoing management on a yearly basis beginning in their 40s.⁹

⁶ Baade PD, Steingard SK, Aitken JF. Current Status of prostate cancer in Queensland: 1982 to 2002. Brisbane, Viertel Centre for Research in Cancer Control, Queensland Cancer Fund. 2005.

⁷ The Cancer Council NSW 2006. Retrieved November 2006, from www.mydr.com.au.

⁸ Cancer Council Australia. (2017, September 27). Prostate Cancer. Retrieved from: <http://www.cancer.org.au/about-cancer/types-of-cancer/prostate-cancer.html>

⁹ Queensland Cancer Fund 2004, Understanding Treatment for Advanced Prostate Cancer [brochure], Queensland Cancer Fund.



Cancer Facts



Information and Support

Cancer Council 13 11 20

Being diagnosed with cancer or supporting a family member or friend can leave you with many questions. By calling 13 11 20 you can speak with a Cancer Support Coordinator, who can provide you with cancer information, emotional and practical support.

Cancer Connect

Sometimes it helps to talk to someone who has been there and knows what you are going through. Cancer Connect is free and confidential peer support that connects you, your carer or loved ones over the telephone with a trained volunteer who has had a similar cancer experience. This support is available at diagnosis, during and after treatment.

Cancer Counselling Service

Cancer can at times leave you feeling stressed and overwhelmed. Talking things through with a counsellor can make a difference.

Our Cancer Counselling Service is for all Queenslanders distressed by cancer at any stage including people diagnosed with cancer, their family and friends.

This appointment based service is staffed by nurse counsellors and registered psychologists, all with training and experience in helping people affected by cancer

For more information and support please call 13 11 20.

Disclaimer: The information in this publication should not be used as a substitute for advice from a properly qualified medical professional who can advise you about your own individual medical needs. It is not intended to constitute medical advice and is provided for general information purposes only. Information on cancer, including the diagnosis, treatment and prevention of cancer, is constantly being updated and revised by medical professionals and the research community.

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