

FIGHTING
PROSTATE CANCER
TOGETHER



Understanding Prostate Cancer: What You Need To Know

Prostate cancer is the second most common cancer among men*, especially **those over 55**. It develops in the prostate — a small, walnut-sized gland below the bladder that supports fertility by producing nourishing fluid for the sperm.

Most prostate cancers grow slowly and cause no symptoms for years. But some can be aggressive, spreading quickly if not caught early. That's why regular screening is essential — because ageing well isn't just about living longer, it's about living healthier.

Did You Know?

1 in 8 men will develop prostate cancer in their lifetime**

*NCBI

**American Cancer Society



What Are the Causes and Risk Factors?

Prostate cancer develops when cells in the prostate undergo genetic changes (mutations) that make them grow and divide uncontrollably. These mutations may be:

- **Inherited (familial):** Passed down through genes like BRCA1 and BRCA2, which are also linked to breast and ovarian cancers.
- **Acquired:** Occur naturally with ageing or due to lifestyle and environmental factors.

Key Risk Factors:

- **Age:** Most cases occur after 55 and the risk increases as age progresses
- **Family History:** Risk increases if a father, brother or first-degree male relative was diagnosed before 60, or if a first-degree female relative had breast or ovarian cancer
- **Obesity:** Excess body weight is linked to more aggressive prostate cancers
- **Smoking:** Increases risk and worsens outcomes

Genetic testing may be advised if prostate, breast or ovarian cancers run in the family, as BRCA1 and BRCA2 mutations can increase prostate cancer risk.



What Are the Early Signs of Prostate Cancer?

Prostate cancer often shows no signs in its early stages, which is why early screening is important.

As the tumour grows, symptoms may include:

01

Difficulty starting or stopping urination

02

Painful urination

03

Leakage or dribbling after urination

04

Frequent or weak urination

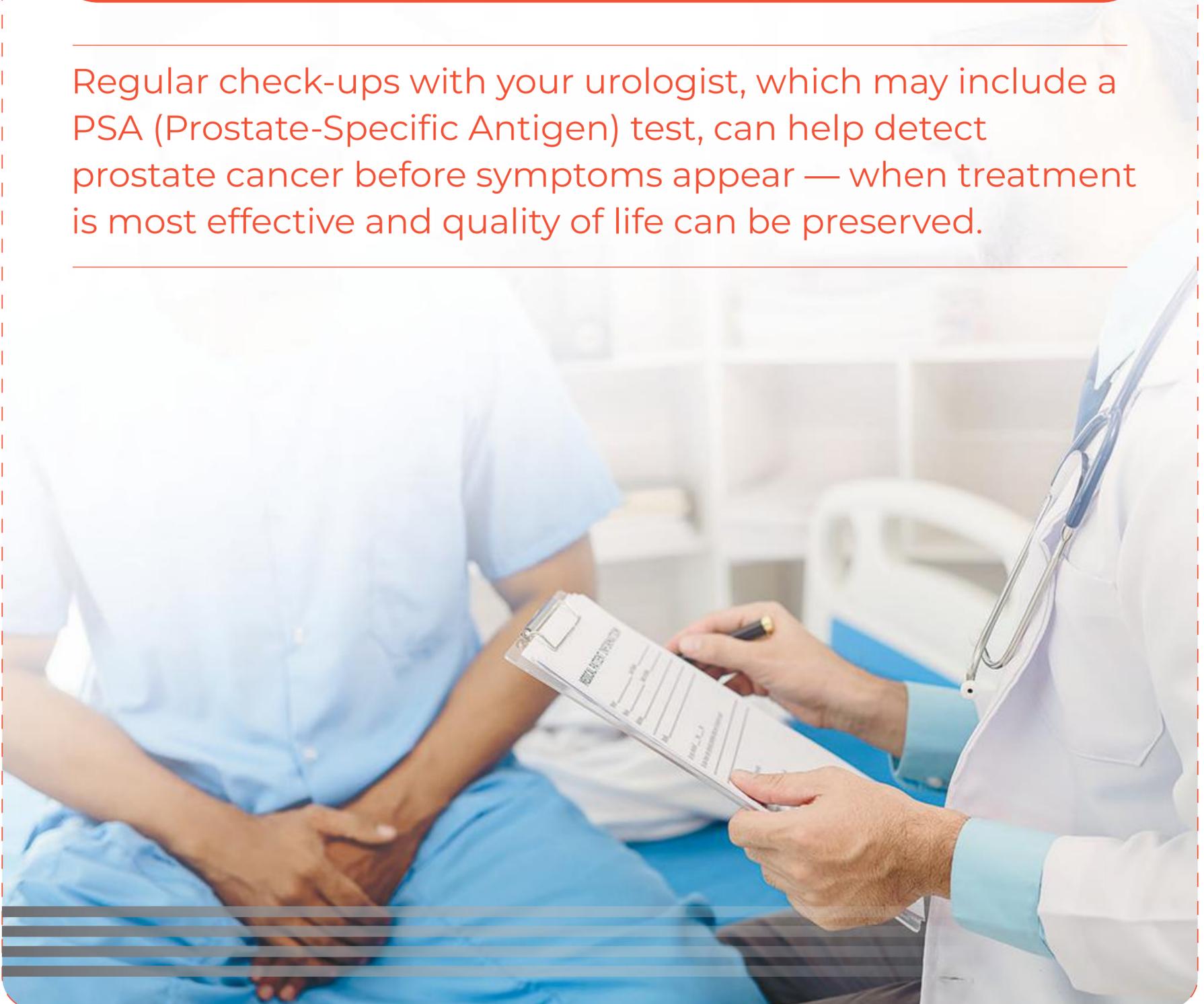
05

Blood in urine or semen

06

Erectile dysfunction

Regular check-ups with your urologist, which may include a PSA (Prostate-Specific Antigen) test, can help detect prostate cancer before symptoms appear — when treatment is most effective and quality of life can be preserved.



How is Prostate Cancer Diagnosed?

Screening and diagnostic tools include:

- **Prostate-Specific Antigen (PSA) Blood Test:** A simple blood test that measures prostate-specific antigen (PSA); higher levels may suggest prostate changes, but not always cancer. It's best to talk to a doctor.
- **Digital Rectal Exam (DRE):** A quick physical check by a doctor to feel the size and shape of the prostate. This may be done if PSA is elevated or as part of a routine check-up.
- **MRI (Multiparametric):** A painless scan that gives clear images of the prostate and helps doctors decide if a biopsy is needed.
- **Transrectal Ultrasound-Guided Prostate (TRUS) Biopsy:** A short procedure where a tiny tissue sample is taken from the prostate to check for cancer cells.
- **Prostate-Specific Membrane Antigen Positron Emission Tomography-Computed Tomography (PSMA PET-CT) / Bone Scan:** Special imaging tests used if cancer is suspected to have spread beyond the prostate.

Myth: Biopsy spreads cancer.

Fact: It doesn't. Biopsies are safe, painless procedures done under local anaesthesia, with no risk of cancer spread.



Prostate Cancer Treatment at Medanta

The Tumour Board Approach

Medanta follows an integrated, multidisciplinary approach involving:

- Uro-oncologists
- Radiation Oncologists
- Medical Oncologist
- Radiologists/Pathologists

This ensures: _____

- Personalised treatment strategies based on stage, age, and health status
- Minimally invasive, robot-assisted surgery with quicker recovery
- Advanced radiation techniques like IMRT, IGRT, and CyberKnife
- Systemic therapies including hormone therapy, chemotherapy, and immunotherapy
- Holistic care focused on long-term recovery, independence, and quality of life



A Comprehensive Cancer Care Ecosystem

- **Active Surveillance:** For slow-growing, low-risk cancers
- **Surgery:** Robotic/laparoscopic/open prostatectomy with nerve-sparing techniques
- **Radiation Therapy:** EBRT, IMRT, IGRT, Brachytherapy
- **Hormone Therapy (ADT):** Medical or surgical castration
- **Chemotherapy:** For advanced or hormone-resistant cases
- **Palliative Procedures:** TURP for symptom relief in advanced disease
- **Supportive Care:** Sexual health counselling, nutrition, physiotherapy, psychological support

Robotic technology enables quicker, precise prostate surgery with faster recovery.



Beyond Treatment: Quality of Life and Recovery

Treatment for prostate cancer is usually very effective, but it can affect daily life in ways many men don't anticipate. Understanding what to expect helps you plan ahead, manage changes, and recover with confidence.

Managing Side Effects and Trade-Offs

Every treatment has benefits and side effects — and most can be managed with medical support.

Common Physical Changes

- **Urinary symptoms:** Temporary leakage or irritation is common after surgery or radiation.
- **Sexual function:** Some men experience erectile dysfunction after surgery. Radiation may preserve sexual function, but cause other discomforts.
- **Bowel changes:** Radiation can sometimes cause irritation or changes in bowel habits.

These effects are common and usually improve over time with your doctor's guidance.



Energy and Emotional Well-being

Fatigue or energy dips are common during treatment, but gradually improve as recovery progresses—especially with medical support and healthy routines.

Making Informed Treatment Decisions

Because survival outcomes for surgery and radiation are often similar, the choice of treatment should include quality-of-life considerations, rather than just clinical results. Discussing trade-offs openly with your doctor helps you balance effective cancer control with long-term comfort and function.

With the right care, most men return to active, independent lives — often with a renewed focus on health, balance, and quality of living.



Commonly Asked Questions

Should I get screened for prostate cancer?

If you're over 55, or younger with a family history, regular PSA tests and DREs are recommended.

Is prostate cancer curable?

Yes, when detected early. Surgery and radiation can completely remove or destroy cancer in many cases.

Will treatment affect sexual and urinary function?

Temporary side effects may occur. With nerve-sparing surgery, robotic precision, and rehabilitation, most men regain bladder control and sexual function over time.

Is robotic surgery better for prostate treatment?

Yes. It offers higher precision, minimal bleeding, and faster recovery than open surgery. Most patients recover quickly and return to normal activities within a few days.

Is a prostate biopsy painful?

No. It's done under local anaesthesia and causes only mild, short-term discomfort.



COURAGE, CARE AND A CURE



Mr. R. Sharma

Age - 50

A routine health check-up revealed an unexpected diagnosis — prostate cancer — testing his composure and resolve.

“ It was overwhelming at first, but I decided to face it with faith. ”

Precision That Restores Confidence

Under the care of Dr. Gagan Gautam, he underwent a robot-assisted prostatectomy using the da Vinci system, ensuring complete tumour removal with quick recovery. Today, he is cancer-free and grateful to have regained his health and confidence.

“ At Medanta, I found not just treatment, but trust. ”



*The patient's identity has been withheld to maintain confidentiality.

TRUST, TIMING AND A SECOND CHANCE



Mr. V. Sharma

Age - 65

Persistent urinary discomfort led him to medical evaluation, where tests revealed an unexpected diagnosis — prostate cancer— turning concern into a moment of reckoning.

“ I wasn’t ready to believe it, but Medanta helped me face it with clarity and courage. ”

Precision That Restored Faith

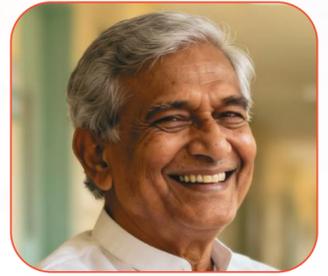
After initial therapy elsewhere, he turned to Dr. Sanjay Gogoi at Medanta, who performed a robot-assisted radical prostatectomy despite the added challenge of prior HIFU treatment. Today, he leads an active life, thankful for the expertise and reassurance that guided him through recovery.

“ At Medanta, I found not just treatment, but trust and renewal. ”



*The patient's identity has been withheld to maintain confidentiality.

FAITH, PRECISION AND A NEW BEGINNING



Mr. Ashok Kumar Abrol

Age - 67

What began as a prostate concern turned into two diagnoses – prostate cancer and a brain tumour – testing his courage and calm.

“ It was frightening,
but I chose to stay strong ”

From Setback to Strength

He underwent brain surgery followed by a robot-assisted prostatectomy for early-stage prostate cancer, under the care of Dr. Puneet Ahluwalia. Today, he lives healthy and confident.

“ Medanta gave me care and
confidence in equal measure. ”



*The patient's identity has been withheld to maintain confidentiality.

YOUR CARE TEAM AT MEDANTA - GURUGRAM

Uro-oncology



Dr. Gagan Gautam
Chairman



Dr. Sanjay Gogoi
Chairman



Dr. Puneet Ahluwalia
Senior Director



Dr. Gagandeep Talwar
Consultant



Dr. Abhijeet Jha
Associate Consultant

Medical Oncology



Dr. Ashok Kumar Vaid
Chairman



Dr. Satya Pal Kataria
Vice Chairman



Dr. Kunjahari Medhi
Senior Director



Dr. Amit Bhargava
Director

Radiation Oncology



Dr. Tejinder Kataria
Chairperson



Dr. Deepak Gupta
Associate Director



Dr. Shyam Singh Bisht
Associate Director



Dr. Susovan Banerjee
Associate Director



If You Catch It Early, You Can Treat It Fully

SPEAK UP

Don't ignore your doubts or discomfort.
Talk to your urologist about your prostate
health, especially if you are:

- **Over 55 years**
- Or over 45 years with a **family history**
of prostate, breast, or ovarian cancer.

SHOW UP

Your urologist may recommend a
PSA (Prostate Specific Antigen) test. It's quick,
simple, and helps catch prostate cancer early,
when it is easily treatable.

SPREAD THE WORD

Answer **3 simple questions** to
know your risk of prostate cancer.

**The 1-Minute
Prostate Check**

Share this with all the men you love.





Scan for Details

**Sirf ilaaj hi nahin,
aapki sehat ka
khayaal rakhna bhi**

**Jaanta^{hai}
Medanta**



  **88-0000-1068**



The Medanta Network
Gurugram | Lucknow | Patna
Indore | Ranchi | Noida



SCAN FOR MORE INFO
www.medanta.org