

# 1. What is Prostate Cancer?



*“Everything I teach (Yoga and Life Coaching), everything I write about and any advice I give to people is based upon my personal experience and on what I do myself. I have taken a stand and declared that my health is my responsibility.”*

Sam Rao. Professional Yoga Teacher, LifeSuccess Coach with special interest in Health.

*This is the first of five articles, available to download and study, in which we explore the issues around prostate cancer; how the prostate works; developing your own understanding; planning your protection strategy; and a woman's guide to supporting her man in looking after his health.*

Prostate cancer is a disease of the prostate gland in a man's reproductive system. It happens when cells of the prostate change and begin to multiply out of control.

Deaths and disabilities from prostate cancer are a result of a lethal combination of ignorance and embarrassment.

While women go for regular smear tests, mammograms and well-being clinics, men are often too embarrassed and simply allow the early signs and symptoms of prostate cancer to go undetected.

Sadly, many men go past the point where life-saving treatment is effective. My goal is to increase understanding of this disease and how you can protect yourself against it.

## Who Gets Prostate Cancer?

It is important to realise that prostate cancer is not something that happens only to old men; that it often strikes men who are otherwise very fit and healthy; and that it is on the increase, especially in the western world

- Every day in the UK, one man dies every 40 minutes as a result of prostate cancer.
- That adds up to 13,000 men during 2008.
- These men's ages ranged from 35 to 75 years



So how is it that prostate cancer has risen to be the second highest cancer killer of men, globally and - more important - how likely is it that you will be the next?

Though 13,000 men died from prostate cancer in 2008, the good news is that over 43,000 men survived after diagnosis and treatment. Even they, however, are now living with the various physical and mental challenges resulting from treatment. It already looks like these numbers will be exceeded in 2009.

## How Can You Help Yourself to Remain Free of This Disease?

Understand that like any other cancer, early detection can be a life saver. So study, gain information and then take action.

As a yoga teacher and a LifeSuccess Coach, with special interest in health, I have studied and worked with men who are on their survival journey, post prostate cancer.

I often get requests for more information, via my website, from people who attend my talks and presentations and sometimes from my yoga students. Interestingly almost all the requests come from women, on behalf of their partners who are facing the challenge. Therefore, although these articles are aimed at men, increasingly it is women who need to become aware of the issues. Why? Guess who suffers most when their partner succumbs to prostate cancer?

On Tuesday March 22, 2005, The Guardian newspaper carried out a survey in the UK to assess levels of basic awareness of the prostate gland. 2,200 men, of different ages, sizes, colour and so on, were asked three questions. The figures below illustrate that there is a serious lack of knowledge and understanding amongst men regarding the prostate gland.

- 30% of the men did not know where the prostate gland was located in the body.  
**Do you know where it is?**
- 10% of the men questioned also said that women have a prostate gland.  
**Is it true?**
- 90% of this group of men did not know the function of the prostate gland.  
**Do you know what it does?**

## What are the Warning Signs?

There are several symptoms associated with prostate tumours, whether benign or cancerous. Any of these is a cause for concern and should prompt an immediate visit to your doctor for an examination:



1. **PSA count.** Do you know what your PSA count is? Is it in the normal range?
2. **Referred pain.** Do you get low-back pain? The pain is reported as being towards the back of the hips.
3. **Frequent visits to the toilet,** especially at night. Are you getting up several times during the night?
4. **Urine flow rate.** Do you observe restricted flow with difficulty starting and stopping?
5. **Burning sensation** during urination?
6. **Blood in urine.** Is there any blood in the urine?

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## Where Can I Get More Information?

In the next article, ***How Does The Prostate Gland Work?*** I examine the prostate and its symptoms in more detail. I also discuss the PSA count and why it is important to know what your PSA count is.

I want men and women to have information on prostate cancer *before* the problem appears. These articles are about taking action ahead of any changes in the prostate gland.

I am writing a book which is planned for completion by June 2009 with a much more detailed plan of action. In the meantime, I urge you to download and study all the articles from my website, to gain all the information you need to protect yourself from prostate cancer and its effects on you and your relationships.

## **Make *your* health *your* responsibility.**

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### **useful websites:**

<http://www.prostate-cancer.org.uk/>

<http://www.cancerbackup.org.uk/Cancertype/Prostate>

<http://www.samraoyoga.com/information-prostrate.php>