

[What Are The Available Treatments For Prostate Cancer?](#)

There are many prostate cancer treatments available in the market and you should consider several factors before taking any of them. First, you need to consult with your doctor so you can get proper diagnosis and find out the grade and stage of the cancer. Then you should also consider about your age, expected life span, and personal feelings on potential risks and side effects of each treatment. In addition, prostate cancer treatments depend on your health history as well as the severity of the condition.

These factors make the treatments work differently from patient to patient. Therefore, it is good if you can have a reliable second opinion about the most suitable treatment for your particular condition. Since there are many prostate cancer treatments, thus getting more information on the pros and cons of each option will give you better understanding of the expected risks, side effects, and results.

Latest prostate cancer treatments have showed that they are efficient and effective to combat the disease. This news provides a relief for many people who are suffering from the condition. Therefore, if you also suffer from prostate cancer, you should not feel that there is nothing can be done because obviously this is untrue.

Treatment options

In general, the treatment options very much depend on whether the cancer cells have actually spread or not. If the tumor is still inside the prostate gland, then a radiation therapy or a surgery called radical prostatectomy is the common treatment options.

There are two types of radiation therapy, the first is external beam and the second is radioactive pellet. External beam is performed by using an x-ray machine while radioactive pellet uses high concentration of radiation directly to the prostate tumor. The most common side effect of this therapy is impotency that can happen around two years after the patient undergoes the procedure.

Radical prostatectomy is a common surgery to treat prostate cancer. The goal of the procedure is to remove the whole prostate gland and the nearby lymph nodes. Patients who undergo this surgery are put under general anesthesia. Then after the prostate is removed, a catheter is put in through the penis into the bladder to carry the urine out of the body until the surgery area is completely healed. The common risks related with the surgery are impotency and lack of bladder control.

Watchful waiting is another option of treatments and basically it involves a doctor that supervises the development of a slow-growing prostate tumor. The procedure is conducted without any specific drug or treatment, but only uses regular medical supervision. In this case, the doctor waits the tumor to grow by checking the prostate specific antigen (PSA) level regularly. If the doctor does not see any further growth, then further treatment is not needed. However, if it does grow, then hormone therapy usually is the next step.

The androgen male hormone is one of factors responsible for the growth of the prostate tumor. Therefore, the goal of a hormone therapy is to reduce the level of androgen and thus make the tumor to shrink over time. You should always remember that all prostate cancer treatments discussed here have pros and cons. It is important for you to understand each of them so you can receive the most suitable treatment for your particular condition. You should consult with your doctor before you select any of these treatments.

The last important thing that you should keep in mind concerning prostate cancer treatment is regular checkup. It is really important to get your prostate condition regularly checked to make sure that it stays healthy. Even if you have prostate cancer condition, the regular checkup can identify the condition as early as possible before it grows into something dangerous and life threatening.

Prostate cancer recurrence

The term means that you have gotten through prostate cancer in the past and now have to deal with the same condition again. If you need to deal with it, then you should bear in mind that emotional aspects of dealing with the condition are important. In many cases, it is difficult to deal with prostate cancer recurrence because you have to fight for the second time against something that you have defeated before. Sometimes it seems easier to simply give up to the condition. However, giving up is not the option and in fact, this is the worst thing that you can do.

You need to keep fighting and maintain positive attitude. You have beaten the cancer once and thus you know that you have necessary physical ability to beat the condition again. Most experts agree that fighting cancer depends a lot on your attitude. If you can keep fighting, you might even find out that this second time around is easier than the first. Many studies found that visualization technique is a good way to keep prostate cancer recurrence at bay and boost your motivation to fight back again.

Although it is difficult to do, you need to keep prostate cancer recurrence from controlling your thinking. If you keep thinking about it, you will feel worse. You have been through the same thing in the past and now you have more understanding about it, how to react, and what the things that can happen to your body. This is an advantage because you can go to the battle fully armed and thus nothing can surprise you anymore. It may not sound exciting, but a positive attitude is the thing that most cancer survivors mentioned that got them through the condition.

About the Author

Cindy Heller is a professional writer. Visit [Male Prostate Pain](#) to learn more about the [early symptoms of prostate cancer](#) and other [prostate cancer warning signs](#).

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