

# Symptoms of Prostate Cancer

## "Prostate Cancer: Understanding, Preventing, and Treating a Common Men's Health Challenge"

### **Understanding the Early Signs of Prostate Cancer**

Detecting prostate cancer early often depends on recognizing potential symptoms, even though it may not always present noticeable signs in its initial stages.

Prostate cancer often shows no noticeable symptoms in its early stages as it typically grows slowly in the outer part of the prostate, away from the urethra, minimizing urinary disruption. Early symptoms may be mild or mistaken for conditions like benign prostatic hyperplasia (BPH), which causes similar issues such as frequent urination, difficulty starting or stopping urine flow, and weak urine stream. Symptoms of advanced prostate cancer include blood in urine or semen, pelvic discomfort, and urinary changes.

Because symptoms overlap with non-cancerous conditions and early cancer may not cause noticeable signs, routine screenings like PSA tests, digital rectal exams (DRE), and biopsies are essential for accurate diagnosis and early detection[3]

**The Symptoms of this type of cancer are detected as:**

### **1. Urinary symptoms**

- **Frequent Urination:** A persistent need to urinate, often more pronounced at night (nocturia). This occurs as the enlarged prostate gland presses against the urethra.
- **Urgency:** An overwhelming, sudden urge to urinate, sometimes accompanied by difficulty holding urine.
- **Weak or Interrupted Urine Flow:** The stream may be slow or start and stop multiple times during urination, indicating obstruction of the urethra.
- **Pain or Burning During Urination (Dysuria):** This discomfort can result from inflammation caused by the tumor pressing on surrounding tissues.

- **Urinary Incontinence:** Loss of bladder control, leading to accidental leakage of urine. [4]

## 2.Reproductive and Sexual symptoms

- **Painful Ejaculation:** Discomfort or pain during or after ejaculation, potentially due to the tumor's effect on nearby reproductive structures.
- **Erectile Dysfunction (ED):** Difficulty achieving or maintaining an erection. This symptom can result from nerve damage or reduced blood flow associated with the tumor or treatments.
- **Blood in Semen (Hemospermia):** A visible sign of abnormality, indicating possible irritation or bleeding in the prostate or seminal vesicles.

## 3.Blood related symptoms

- **Blood in Urine (Hematuria):** Prostate cancer can cause bleeding in the urinary tract, leading to blood appearing in urine. This may be visible to the naked eye or detected through a laboratory test

## 4. Pain and discomfort

- **Lower Back, Hip, or Chest Pain:** Persistent pain in these areas could signal that the cancer has spread (metastasized) to bones or other tissues. Bone pain is one of the most common symptoms of advanced prostate cancer.
- **Pelvic or Perineal Pain:** Discomfort in the pelvic area or near the rectum may occur due to pressure from the growing tumor.

## 5.Bowel Symptoms

- **Loss of Bowel Control (Fecal Incontinence):** Rare but can occur if the cancer spreads to areas affecting bowel control. This symptom can significantly affect quality of life. [4]

Condition/Symptom	Prostate Cancer	Non-Cancerous Prostate Condition
<b>Frequent urination</b>	Caused by the tumor pressing on the urethra, especially in advanced stages.	Common in <b>BPH</b> , where the enlarged prostate compresses the urethra, leading to increased urgency, especially at night (nocturia).
<b>Difficulty urinating</b>	May result from blockage caused by tumor growth in or around the urethra.	Seen in <b>BPH</b> or prostatitis due to swelling or compression of the urethra.
<b>Weak urine flow</b>	Tumor growth may partially block urine flow, reducing its strength.	Typical in <b>BPH</b> , as the enlarged prostate restricts the flow of urine.
<b>Blood in urine or semen</b>	Can occur if cancer invades nearby blood vessels or tissues.	Rare in <b>BPH</b> , but possible with <b>prostatitis</b> or urinary tract infections.
<b>Pelvic discomfort/pain</b>	May occur in advanced stages if the cancer spreads to nearby organs or bones.	Common in <b>prostatitis</b> , due to inflammation, but uncommon in <b>BPH</b> .

<b>Pain during urination</b>	A possible sign if cancer irritates or invades the urethra or bladder.	Common in <b>prostatitis</b> but rare in <b>BPH</b> .
<b>Loss of bladder control</b>	May happen in advanced cancer stages due to the tumor pressing on the bladder or affecting nerve control.	Seen in <b>BPH</b> or due to neurological issues unrelated to cancer.
<b>Erectile dysfunction</b>	Can result from advanced cancer or as a side effect of prostate cancer treatments like surgery or radiation.	Possible in <b>BPH</b> , especially if the enlarged prostate causes blood flow or nerve-related issues.
<b>Fever and chills</b>	Rare in prostate cancer unless advanced and causing secondary infections.	Common in <b>prostatitis</b> , indicating infection. Not typical in <b>BPH</b> .

This table helps distinguish between symptoms caused by prostate cancer and those related to non-cancerous prostate conditions like **BPH** or **prostatitis**, emphasizing the need for diagnostic tests to confirm the cause.[5]

Fig 1:

<https://surjithospital.com/understanding-prostate-cancer-symptoms-diagnosis-and-treatment/>

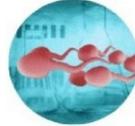
# PROSTATE CANCER SYMPTOMS & SIGNS



Frequent urination



Weak/interrupted urine flow



Blood in the seminal fluid



Need to strain to empty the bladder



Blood in the urine



Pain or burning during urination



The urge to urinate frequently at night



Erectile dysfunction

## References

[1]· National Cancer Institute. "What Is Prostate Cancer?" Available at <https://www.cancer.gov>.

[2]· Mayo Clinic. "Prostate Cancer Overview." Available at <https://www.mayoclinic.org>.

[3]· Cleveland Clinic. "Symptoms of Prostate Cancer." Available at <https://my.clevelandclinic.org>.

· Cancer Research UK. "Signs and Symptoms of Prostate Cancer." Available at <https://www.cancerresearchuk.org>.

[4] Cleveland Clinic. "Symptoms of Prostate Cancer." Available at <https://my.clevelandclinic.org>.

Cancer Research UK. "Signs and Symptoms of Prostate Cancer." Available at <https://www.cancerresearchuk.org>.

[5]<https://www.advancedurology.com/blog/different-symptoms-of-bph-vs-prostate-cancer>

<https://americanprostatecenters.com/blog/bph-vs-prostate-cancer/>

<https://cvilleurology.com/bph-vs-prostate-cancer-how-can-i-tell-the-difference/>