

## **OPINION**

### **Prostate Cancer - The Disease Specific to Men – Continues over Decades to Affect Men by the Hundreds of Thousands; Why? What Must be Done?**

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I have always been concerned that prostate cancer has always, and still continuing three decades later since I came into the picture with my diagnosis, still not receiving the extremely necessary attention required. To this day most men are not even aware they have a prostate gland, what it performs, let alone that it can become deadly. Even in survival side effects from treatment plague the health and well-being for the remainder of their lives for too many men. And the number of those eventually diagnosed that die from this insidious men's disease remains way too high.

In my opinion, the medical hierarchy, and particularly Urologists, need to get out and preach to family physicians the important role those family physicians should be practicing in making their male patients reaching mid-life being made aware they have a prostate gland, what it performs, and that they are entering a stage in their lives wherein that prostate gland becomes prone to urinary issues. Explain that with age those issues often begin with the gland enlarging wherein there is then pressure against the urethra, the tube that carries urine from their bladder out of their body - that just happens to run through the middle of that prostate gland - and with that enlargement that pressure causes reduced urine flow, discomfort, pain, frequent

runs to the bathroom, sleep disturbance, and more. And for reasons still not determined by the medical and scientific community, with age that prostate gland has been found to develop cancerous tumors, that if not found early, can become deadly.

With men unaware they have a prostate gland, and with family physicians, the forefront physicians to whom men with health concerns visit, not bringing attention of prostate issues to their aging male patients, no wonder that every single year over two-hundred thousand men just in the United States are diagnosed with this men's cancer! No wonder the expected number of men to be diagnosed with prostate cancer this year, 2023, is about 288,300 new cases, and the number of deaths about 34,700! And these numbers have been continuing annually for decades!

As a prostate cancer patient with my cancer returning after initial treatment with surgical gland removal accompanied by radiation, I felt the need to deeply research and study this disease to insure my continuing appropriate treatment. Since 1996 I subsequently became an online worldwide mentor to other men so diagnosed, as well as to their caregivers, to help them better understand their disease and the protocol of treatment their physician is prescribing. More often than not, when men hear their physician remark "you have prostate cancer" their mind is so disturbed with the revelation that no matter how comprehensive his physician explains the options of treatment available, he will be unable to comprehend what is being explained.

I am concerned and continue the strong opinion that family physicians in particular must be informed, educated, and encouraged to include prostate cancer awareness be explained to every one of their male patients having reached 50 years of age and over. And it should be the responsibility of everyone aware of the prostate cancer of men to bring this attention to every man they know. Concern and attention can save lives! We must no longer permit the continued lack of concern, the current status quo resulting in lives lost.