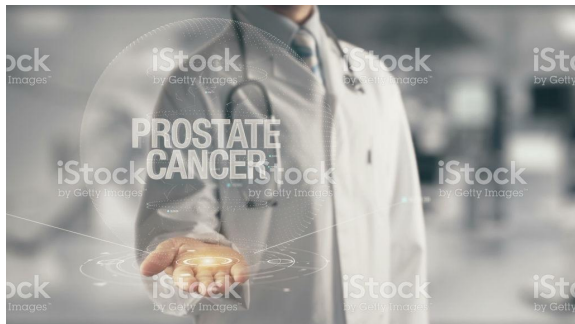




Knowing the signs of prostate cancer is your best initial defense against the disease



<https://www.istockphoto.com/photo/doctor-holding-in-hand-prostate-cancer-gm837112630-136217793>

Prostate cancer is common. The American Cancer Society [lists](#) it *second* only to skin cancer in diagnoses. Even more concerning, prostate cancer falls just behind lung cancer in the *most deadly* category.

Once thought to detect prostate cancer, and now considered inconclusive—[recent years have brought on unsettling news about PSA tests](#). Fortunately, many of the early symptoms of the disease are noticeable without extensive tests.

The problem with PSA tests

Based on the name alone—prostate-specific antigen (PSA)—it's understandable why high PSA levels might be an indication that something's not right with the prostate. While a high PSA count certainly may be the result of prostate cancer, it's not the exclusive cause. Inflammation, infections—even Ibuprofen can raise PSA levels.

An additional problem with PSA tests is that PSA isn't necessarily *prostate* related—women even produce the antigen. With the long-standing test now in question, other forms of detection are crucial for effective treatment.

Recognizing the early symptoms of prostate cancer

The prostate is a walnut-sized gland surrounding the urethra, positioned under a man's bladder, in front of his rectum. The primary functions of the prostate are to produce prostate fluid (a component of semen) and help push seminal fluid through the urethra during ejaculation. Thus—symptoms of prostate cancer generally involve changes to urine and semen.

Men experiencing any of the following conditions should visit their doctor:

1. Pain during urination or ejaculation.
2. [Frequent need to urinate](#)
3. Difficulty urinating—trouble starting, or holding back
4. Blood in semen or urine
5. Decreased amounts of semen
6. Discomfort and/or pain in the lower back, upper thighs, or pelvic area
7. Erectile dysfunction (ED)
8. Difficulty, or inability to urinate while standing

Other symptoms are less specific to prostate cancer, and may indicate advanced stages of other types of cancer. Such signs include: nausea, weight loss, swelling in the legs and feet, fatigue, and, chronic pelvis, lower back, and upper thigh bone pain.

Prevention through nutrition

Unfortunately, vices such as caffeine, alcohol, and refined sugars, along with processed vegetable oils and trans fats, increase a man's risk of developing prostate cancer. In general, [an unhealthy diet is an automatic—although revisable—step towards the disease.](#)

Foods high in zinc and selenium nourish the prostate gland, protecting it from cancer. Both nutrients, as well as stinging nettle, garlic, B vitamins, and pumpkin seeds, reduce inflammation of the prostate thereby decreasing the likelihood of malignancy.

Omega-3 fatty acids are another food thought to give the prostate a boost. These fatty acids are the building blocks of cellular membranes in the prostate, and throughout the body. They also calm inflammation, and decrease hormone dysfunction—both of which provide prostate cancer fighting power.

Probiotics may also contribute towards preventing an environment suitable for prostate cancer. Prostate health can be dependent on a healthy digestive tract. Probiotics help balance the flora in the gut, in turn, preventing digestive abnormalities that can create a toxic, cancer friendly system.

Choosing a urologist

If any of these symptoms raised a red flag, the first thing you should do is find a urologist. In most larger towns and cities, is not hard to find a urologist—which can make it difficult to make a decision.

Dr. Masel and his staff take pride in accommodating a wide range of patient needs—however, we encourage our patients to make informed decisions. If you're in need of urological care, our blog, "[How to Choose a Urologist That's Right for You](#)" can help identify traits to look for when choosing a urologist.

Page title: 8 Early Signs of Prostate Cancer

Meta description: With the reliability of PSA tests in question, men need to be more aware than ever of their prostate health. Recognizing the signs of this second most deadly cancer is the first step towards successful treatment.