



E.J. Whitten Prostate Cancer
Research Centre at Epworth

Prostate cancer

Learn the signs, tests and treatments



Prostate cancer is the most common cancer in men in Australia.

1 in 6 

Australian men will develop prostate cancer by the age of 85¹

The E.J. Whitten Prostate Cancer Research Centre at Epworth exists to improve and extend the lives of men with prostate cancer, and grow awareness of this disease.

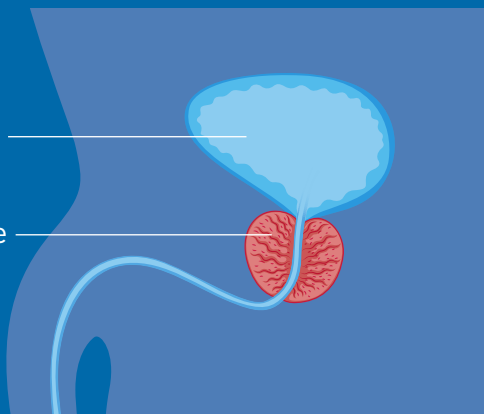
What is prostate cancer?

Prostate cancer happens when abnormal cells grow out of control in the prostate.

The prostate is a gland in the male reproductive system. It sits under the bladder and surrounds the urethra, the tube that carries urine from the bladder out of the body. The prostate's function is to produce a fluid that combines with sperm cells and fluids from other glands to make semen.

bladder

prostate



What are the signs of prostate cancer?

Prostate cancer rarely causes symptoms in its early stages. Most men are diagnosed with no symptoms (asymptomatic).

If you notice urinary symptoms, it is best to take action and speak to your GP or urologist. They can investigate prostate cancer as well as non-cancerous conditions, such as benign prostatic hyperplasia (BPH or enlarged prostate).

See your GP if you experience:

Urinary symptoms²⁻⁴

- > urine flow that is slow, weak or interrupted
- > frequent urination
- > a sudden or urgent need for urination
- > feeling like you cannot completely empty your bladder
- > pain or burning with urination
- > blood in urine or semen.

Symptoms of prostate cancer spread⁴

- > back and bone pain
- > leg swelling
- > weight loss
- > fatigue (tiredness)
- > signs of neurological issues, including weakness, numbness in legs or feet.

Testing for prostate cancer

Testing should start for all men in their 50s, or earlier if you have a family history of prostate cancer. The first step is a PSA blood test – available with your GP or urologist.

A PSA test measures levels of a protein (prostate-specific antigen) only made by prostate cells.

Ready to start testing? Keep track of your prostate health and note down your results over time.

My PSA test tracker

Next test date advised by doctor							
Result ng/mL							
Doctor							
Age							
Date							

Treatment options for prostate cancer

Treatment and testing for prostate cancer has improved greatly over the past 20 years. Many men with localised prostate cancer are carefully monitored, without needing treatment.

Options for localised prostate cancer at Epworth:

- > Active surveillance
- > Surgery – robot assisted laparoscopic prostatectomy
- > Radiation therapy
- > Focal therapy – Irreversible Electroporation (IRE) with NanoKnife

Options for advanced prostate cancer at Epworth:

- > Radiation therapy
- > Hormone therapy
- > Chemotherapy
- > Innovative clinical trials, through the E.J. Whitten Prostate Cancer Research Centre at Epworth

References

1. **Prostate cancer in Australia statistics, Cancer Australia, 2022**, canceraustralia.gov.au/cancer-types/prostate-cancer/statistics
2. **Prostate Cancer Treatment (PDQ®) – Patient Version, National Cancer Institute, 2021**, cancer.gov/types/prostate/patient/prostate-treatment-pdq
3. **American Cancer Society, Signs and symptoms of prostate cancer, 2019**, cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/signs-symptoms.html
4. **Optimal care pathway for men with prostate cancer**, 2nd edn, Cancer Council Victoria and Department of Health Victoria 2021, Cancer Council Victoria, Melbourne.

Contact the E.J. Whitten Prostate Cancer Research Centre at Epworth

Email: WhittenCentre@epworth.org.au

Phone: 03 9483 6035

Website: Epworth.org.au/prostatecancer

Comprehensive prostate cancer care in Box Hill, East Melbourne, Richmond and Geelong

Around 1 in 5 Victorian men with prostate cancer seek diagnosis or treatment at Epworth.

Our specialists understand what you are going through and are with you at every step. Whether your GP recommends a referral to a urologist for PSA testing, or you have a confirmed diagnosis – Epworth offers complete prostate care.

Ask your GP for a referral to an Epworth urologist or click on the link to find an Epworth urologist close to you:

<https://www.epworth.org.au/who-we-are/our-services/prostate-cancer/by-location>

[Epworth.org.au/prostatecancer](https://www.epworth.org.au/prostatecancer)

