



Current and Emerging Treatment Options for Prostate Cancer

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DESCRIPTION

Prostate cancer is a common form of cancer that affects the male reproductive system. It occurs when the cells in the prostate gland start to grow abnormally, which can lead to the development of a tumor. The prostate gland is located below the bladder and is responsible for producing seminal fluid that helps to transport and nourish sperm. If the patient is left untreated, it can spread to other parts of the body and become life-threatening. One of the most significant effects of prostate cancer is its impact on sexual function. The prostate gland is an essential part of the male reproductive system, and any damage to it can lead to impotence and difficulty achieving an erection. Additionally, the treatments for prostate cancer, such as radiation therapy and surgery, can further damage the nerves and blood vessels responsible for sexual function. Prostate cancer can also affect urinary function. As the prostate gland grows, it can compress the urethra, making it difficult to urinate. This can lead to frequent urination, urgency, and even incontinence. Similarly, treatments for prostate cancer can also cause urinary incontinence and difficulty controlling the bladder.

Other effects of prostate cancer include fatigue, weight loss, and bone pain. As the cancer spreads to other parts of the body, it can weaken the bones, making them more prone to fractures. The treatment for prostate cancer depends on several factors, including the stage of cancer, the patient's overall health, and their preferences. The most common treatments for prostate cancer include watchful waiting approach is often recommended for older men or those with a low-risk form of prostate cancer. Watchful waiting involves monitoring the cancer with regular

check-ups and only treating it if it starts to grow or cause symptoms. Surgery involves removing the prostate gland and any cancerous tissue around it. This is often recommended for younger men or those with more aggressive forms of prostate cancer. The surgery can be done either through an open incision or using minimally invasive techniques. Radiation therapy involves using high-energy beams to kill cancer cells. This can be done externally, where the beams are directed at the prostate gland from outside the body, or internally, where a radioactive source is placed inside the prostate gland. Hormone therapy involves reducing the levels of male hormones in the body, which can help slow the growth of prostate cancer. Hormone Therapy: Hormone therapy aims to reduce the level of male hormones (androgens) in the body, which can stimulate the growth of prostate cancer cells. Examples of hormone therapy medications used for prostate cancer include: Luteinizing Hormone-Releasing Hormone (LHRH) agonists and Anti-androgens such as bicalutamide, flutamide, nilutamide.

This can be done through medication or surgical removal of the testicles. Chemotherapy involves using drugs to kill cancer cells. This is often used when the cancer has spread to other parts of the body and is no longer responding to other treatments. This is usually reserved for advanced or metastatic prostate cancer that has stopped responding to hormone therapy. Examples of chemotherapy drugs used for prostate cancer include: Docetaxel, Cabazitaxel. The choice of treatment depends on several factors and should be made in consultation with a medical professional. With early detection and appropriate treatment, the prognosis for prostate cancer can be excellent, and men can go on to live healthy and productive lives.

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