

# **The Prostate and Its Problems**

## **Preface**

**Hans R. Larsen and William R. Ware**

When we decided to join forces in the spring of 2005 to embark on the venture of writing this book, we had both for some time been following the peer-reviewed literature concerning prostate problems and in particular had done a fair amount of research into prostate cancer. One of us (WRW) had closely studied and followed developments in the diagnosis and conventional treatment of this disease, and the other (HRL) had researched alternative methods for prevention and treatment. We both had read numerous books on cancer and prostate cancer in particular and had, somewhat surprisingly, reached the conclusion that no one book covered the entire spectrum of problems. Some books written for the lay audience were excellent in explaining conventional treatment methods, others were quite comprehensive in their discussion of herbs and supplements that might prevent cancer, but none, it seemed to us, really provided the whole gamut of information necessary for a man who wants to take charge of his own health and, along with his physician, make reasoned decisions regarding diagnostic options and possible treatments of prostate problems. Prostatitis and benign prostate enlargement (BPH), although affecting millions of men, did not seem to be covered very well, perhaps because conventional treatment, certainly in the case of prostatitis, is often less than satisfactory.

So our mission was clear, to write a book that covered the three major prostate problems – prostatitis, BPH and cancer – from etiology to therapy, including both alternative and conventional measures of prevention and treatment. The intended audience includes laymen who want to be thoroughly informed and health-care professionals involved in primary care. We also agreed that all statements made in the book would be backed up with references to peer-reviewed medical journals. Another condition was that the material must include the most recent relevant published literature. Given the constraints of the cut-off date for publication, this was no small task, but you are now holding the result in your hands – over 400 pages of information documented with over 1200 references plus appendices providing additional useful information and resources.

If you have prostate problems now, the book provides a comprehensive discussion of your options and offers the opportunity to acquire the background knowledge necessary to understand the diagnosis, prognosis, and possible treatments along with the associated complications and side effects. This knowledge should enable a man to engage in a truly informed interaction with the physician or physicians involved in providing advice and treatment. Given that many of the decisions faced by a man with prostate problems are far from clear-cut, especially in the case of cancer, and that he is frequently given a choice among options, this knowledge turns out to be vital. On the other hand, if you are one of the lucky ones not yet experiencing problems, our book “The Prostate and Its Problems” may help you avoid them in the future.

This book is a thoroughly cooperative effort on the part of two authors, but it would not have been possible without the whole-hearted support of the wife of one of the authors, Judi Larsen, who was instrumental in seeing it come to fruition. Without her word processing skills, editing advice and encouragement, we could not have accomplished the task. Also acknowledged is the assistance of Hannah Koppenhoefer in connection with the artwork.

**Hans R. Larsen**  
**Victoria, BC, Canada**

**William R. Ware**  
**London, ON, Canada**

**August 2006**

The risk of prostate problems increases with age. These problems are very common – around one in three men has symptoms at some time. What does the prostate gland do? The way your prostate gland works and grows depends on the male sex hormone, testosterone. Your prostate gland plays an important role in reproduction. Its main job is to produce the fluid part of semen which nourishes the sperm. It also produces a protein called prostate specific antigen (PSA), which is involved in turning your semen into liquid. As you get older, the prostate gland tends to get larger, which increases the risk. In men, prostate problems begin to affect them after their 50s. It starts off with getting up in the middle of the night to pass urine. However, as age progresses, its real purpose is lost and it becomes a structure that is pretty much useless. As men get older, the prostate gland becomes larger in size. With size, comes pressure. In other words, a large prostate gland can compress on the bladder and the urethra, the tube that emerges out of the bladder. Age related prostate enlargement is called benign prostatic hypertrophy, or BPH. However, there always remains one concern with a big prostate – cancer. Prostate cancer is the most common form of cancer in the men, and if caught early can be treated effectively. Symptoms Of Prostate Enlargement. The prostate gland contributes prostatic fluid to semen. Common problems include an enlarged prostate, prostatitis, and prostate cancer. Find out more. This article provides an overview of the prostate, including its function and structure, where it is, and what medical conditions can affect it. What is the prostate? The prostate is a small, soft organ. On average, it is roughly the size of a walnut or a ping-pong ball. It weighs around 1 ounce (30 grams) and is usually soft and smooth to the touch. The prostate sits deep in the pelvis, between the penis and the bladder. It is possible to feel the prostate gland by placing a finger into the rectum and pressing toward the front of the body. The urethra, a tube that carries urine and semen out. In its earliest stages, prostate disease may or may not be associated with symptoms. The symptoms of prostate disease depend on the condition, but may include: difficulties urinating, such as trouble starting the flow of urine. Treatment for BPH may include medications to relax the smooth muscle of the gland or to shrink the size of the prostate, and surgery to produce a permanently widened channel in the part of the urethra that passes through the prostate. Treatment for prostate cancer is tailored to suit individual circumstances. The nature of the cancer, other health problems the person may have, and their wishes will all be taken into account. Management approaches for prostate cancer include: active surveillance.

You may be having prostate problems and want to learn more about prostate cancer symptoms and risk factors, the PSA screening test, and conditions that are not cancer such as an enlarged prostate (BPH) and prostatitis. You may want to print out this booklet. The PDF has practical lists, tips, and medical images to help you learn more and talk with your doctor. Among all prostate problems, prostatitis is most common. It is a common disease of the reproductive system in men with the urinary tract. It is the most common infection of the reproductive system in young and middle-aged men. Generally, people can take herbal medicine Diuretic and Anti-inflammatory Pill for treatment, especially for chronic prostatitis including nonbacterial prostatitis. Prostatitis can be caused by bacteria that leak into the prostate gland from the urinary tract (the most common bacterial cause) and from the direct extension or lymphatic spread from the rectum. It can also Common prostate problems are prostatitis, enlarged prostate, and prostate cancer. \*Prostate problems facts medical author: Charles Patrick Davis, MD, PhD. The prostate is a gland that is a part of the male reproductive system that wraps around the male urethra near the bladder. The gland is about the size of a walnut and grows larger as you age. Enlargement of the prostate gland can cause symptoms, for example: Dribbling urine.Â Benign prostatic hyperplasia, also called enlarged prostate or BPH, is a common prostate problem. Symptoms of enlarged prostate include