

## A STUDY REGARDING THE AWARENESS OF PROSTATE CANCER IN MEN – A INSTITUTIONAL STUDY

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### ABSTRACT

The past few years has seen a s rise in the incidence of prostate cancers globally as a result of better investigative tools and the increasing awareness of the public.<sup>[1]</sup> In the initial stages, most cases of cancers are often asymptomatic of are misdiagnosed as other problems like infection, stone, as result of the overlap of the symptoms, and when the symptoms becomes evident the disease is far beyond understanding as they resemble the signs similar to non-malignantprostatic diseases.

Most often those who are diagnosed with cancer are as a result of screening for some other condition and those males with advanced

prostate cancer are diagnosed from symptoms of loco -regional or systemic metastasis local as well as symptoms from metastases and if the disease very they may have systematic advanced cancer prostate symptoms.<sup>[2]</sup>

The major investigative and staging modality that is used for detection of prostate cancer are DRE, in combination with measurement of serum prostatic acid phosphatase (PSA).

Although the significance of PSA screening remains controversial even in the present day scenario, it the easiest and very simple test which is able to be used for regular screening in medical practice. Serum PSA increase is frequently the initial indication of prostatic pathology. Both benign conditions like BPH and prostate cancer lead to an increase in the

levels of serum PSA; on the other hand, the rate of ascent of PSA that is related with prostate cancer is more often higher than that of other benign prostatic conditions.<sup>[3]</sup>

In our hospital we routinely do PSA in cases of males above 40 years who come for LUTS evaluation or any patient who has prostatic diseases in other investigations like USG showing prostatomegaly or nodule.

In this study we tried to understand the perspectives of males on informing that PSA is also used to detect cancer and in its management and to evaluate their knowledge on prostatic cancer.

We conducted this study with the aim to see the awareness of males on the risk factor and symptoms of cancer of prostate and to educate them so that it is feasible to impart knowledge so that it is possible to detect prostate cancer early.

## **MATERIALS**

The study was a prospective case study the data of which was obtained from 339 patients who met the predefined inclusion and exclusion criteria who visited the urology OPD of Father Muller Medical College between the time period from period of May 2018 to August 2019 Men were eligible to participate if they had no history of prostate cancer and were aged from 30 to 60 years. Above 30 years who come for LUTS evaluation or any patient who has prostatic diseases in other investigations like USG showing prostatomegaly or nodule that necessitates the serum PSA evaluation are chosen in the study. those who were eligible for the study and consented for the study were chosen They are evaluated using a structured semi filled proforma and following this are educated on the subject.

## **RESULTS**

In the present study we evaluated 339 patients the most common age group was between 45-50 years 189 cases,55.75%, Men described varied awareness of prostate health, the domicile revealed that 116 cases 34.22% belonged to the rural area and 223 cases 65.78% urban area educational status was as follows illiterate were 89 cases 26.25%, literate 250 cases 73.75% mode of knowledge of prostate cancer was as follows from family suffered cancer 6 cases 1.77 percent social media were 192 cases 56.641%,television was from 12 cases 3.54%, doctor was 61 cases 17.99% health care worker was 18 cases 5.31% not aware of prostate

cancer were 50 cases 14.75%. Those without this knowledge made remarks such as apparently whatever has to happen will happen.

#### ANNEXURE 1

Domicile			P Value
Rural	116	34.22%	0.02
Urban	223	65.78%	
Educational status			0.003
Illiterate	89	26.25%	
Literate	250	73.75%	
Mode of knowledge			<0.001
Family suffered cancer	6	1.77%	
Social media	192	56.64%	
Television	12	3.54%	
Doctor	61	17.99%	
Health care worker	18	5.31%	
Not aware of prostate cancer	56	16.52%	
Aware	289	85.25%	

#### ANNEXURE 1

Prostate cancer	Not aware of prostate cancer	Aware	
Illiterate	48	41	<0.001
Literate	2	248	
Rural	5	111	<0.001
Urban	45	178	

#### DISCUSSION

In the previous era the West had a higher incidence, but this trend is changing and in the Asia-Pacific region which has 32% of the world's male population<sup>[4]</sup> the detection of prostatic cancer is around 10 per 100,000<sup>3</sup> as compared to 33 per 100,000 population worldwide Yatani et al conducted an age-specific incidence curves study that revealed that prostate cancer risk starts to rise sharply after age 55 years and has its peak at age 70–74, declining slightly thereafter and that it has along induction period, and that many men have incipient lesions in their 20s and 30s.<sup>[5]</sup>

Giovannucci E, et al. in a large prospective cohort, red meat fat—not vegetable fat—was associated with an increased risk of prostate cancer (RR = 2.64, 95% confidence interval [CI] 1.21-5.77, P = 0.02) In a study by Alcohol intake appears to increase the risk of prostate cancer (> 96 g/wk alcohol, approximately 10 drinks, RR = 3.1, 95% CI 1.5-6.3).<sup>[6]</sup>

**We concluded that**

There was a statistically significant difference in the awareness of prostate health in men who belonged to rural set up we recommend that it is necessary to create an effective awareness, in the rural areas about prostate health by active and passive advertising.

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