

Men's Health

Mark A. Perlmutter, MD, FACS

Medical Director of Urologic Oncology

For Monmouth and Ocean Counties

Hackensack Meridian Health Cancer Care

Urology

- Adrenal Mass
- Kidney Stones
- Kidney Cysts
- Kidney Cancer
- Bladder Cancer
- UTI
- Incontinence
- Infertility
- BPH
- Prostatitis
- Prostate Cancer
- Penile Cancer
- ED
- Testicular Cancer
- Hypogonadism
- Vasectomy

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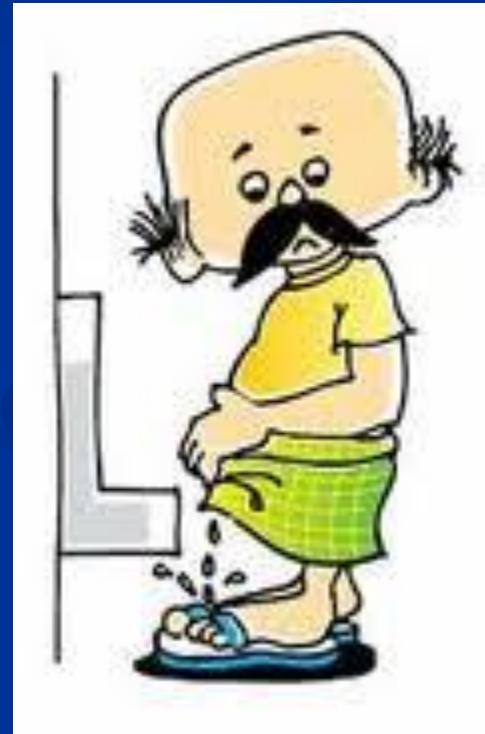
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BPH

Benign Prostatic Hyperplasia “enlarged prostate”

- Symptoms:
 - Weak stream
 - Hesitancy
 - Pushing, straining
 - Terminal dribbling
 - Frequency
 - Nocturnal Frequency
 - Urgency
 - Urge Incontinence
 - Bloody urine



Benign Prostatic Hyperplasia

- Incidence:
 - 70% of men ages 60-70
 - 80% of men over 70
- About 1/3 of these men will have clinical symptoms or bother from it.

Benign Prostatic Hyperplasia

- Prevention

- Nothing Proven

- Diet

Zinc (sesame, pumpkin seeds, almonds)

May help (Indian J Urol, 2011)

Lycopene (tomatoes)

May help (J Nutrition, 2008)

Soybean Isoflavones (tofu, soy milk)

May help (J Altern Complement Med 2012)

Beta-sitosterol (avocados)

Suggested, no scientific data

Vit C (bell peppers, broccoli, cauliflower)

Suggested, no scientific data

Green Leafy Vegetables

Suggested, no scientific data

BPH Treatment

Medications

Cardura
Hytrin
Flomax
Rapaflo
Uroxatral
Proscar
Avodart
Jalyn

Surgery

TURP
Simple Prostatectomy
Greenlight PVP
Laser Ablation Prostate
Laser Enucleation Prostate
TUIP
Microwave
TUNA
Prostate Art. Embolization
BiPolar TURP / TURis
UroLift

****Ejaculatory Dysfunction****

Urinary Retention

■ Causes

- Obstruction
- Bladder Atony
 - Poor contractions



■ Treatment

- Foley Catheter
- Suprapubic Catheter
- Clean Intermittent Catheterization
- Treat cause (BPH surgery, InterStim)

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Prostatitis

- Acute Prostatitis
 - Fevers, often needing hospital admission
 - Other symptoms below

- Chronic Prostatitis
 - BPH symptoms
 - Penile tip pain
 - Perineal pain, discomfort sitting on hard surface
 - Other pelvic, even groin or scrotal pain/discomfort

Chronic Prostatitis

- Causes
 - Bacterial Infection
 - Viral Infection
 - Inflammation
 - Chronic Pelvic Pain Syndrome
- Treatment
 - Antibiotic (prolonged course)
 - Avoid inflammatory factors
 - SMART Diet



Chronic Prostatitis

- SMART Diet
 - Interstitial Cystitis
 - Caffeine
 - Spicy Foods
 - Acidic Foods

The IC-Smart Diet

Many people with interstitial cystitis (IC) find that simple changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods high in acid and potassium, as well as beverages containing caffeine and alcohol, is a good idea. This helpful guide can help you make "IC-Smart" meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.



<p>Fruits Allowable: Blueberries, melons (except cantaloupe) and pears Avoid: All other fruits and juices</p>	<p>Meats/Fish Allowable: Poultry, fish and some meats (except those listed below) Avoid: Aged, canned, cured, processed or smoked meats/fish; anchovies; caviar; chicken livers; corned beef; and meats that contain nitrates or nitrites</p>
<p>Vegetables Allowable: Homegrown tomatoes and some vegetables (except those listed below) Avoid: Store-bought tomatoes, onions, tofu, soybeans, lima beans and fava beans</p>	<p>Nuts Allowable: Almonds, cashews and pine nuts Avoid: Most other nuts</p>
<p>Milk/Dairy Allowable: Milk, American cheese, cottage cheese, frozen yogurt and white chocolate Avoid: Yogurt, sour cream, aged cheeses and chocolate</p>	<p>Beverages Allowable: Bottled or spring water; decaffeinated, acid-free coffee or tea; some herbal teas; flat soda Avoid: Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; and fruit juices, especially citrus and cranberry</p>
<p>Carbohydrates/Grains Allowable: Pasta, rice, potatoes and some breads (except those listed below) Avoid: Rye and sourdough breads</p>	<p>Seasonings Allowable: Garlic and some other seasonings (except those listed below) Avoid: Mayonnaise, miso, soy sauce, salad dressing, vinegar and spicy foods (especially Chinese, Mexican, Indian and Thai foods)</p>
<p>Preservatives Avoid: Benzyl alcohol, citric acid, monosodium glutamate (MSG), aspartame (NutraSweet®*), saccharin and foods containing preservatives, artificial ingredients/colors</p>	

*NutraSweet is a registered trademark of NutraSweet Property Holdings, Inc.

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Prostate Cancer

- Most common cancer in men (1 in 6 men over lifetime)
 - Estimated new U.S. cases 2022: 268,490
- #2 cause of Cancer-related deaths in men (after lung cancer)
 - Estimated U.S. deaths 2022: 34,500
- Myths:
 - Vasectomy, enlarged prostate, STD's, obesity not associated with increased risk

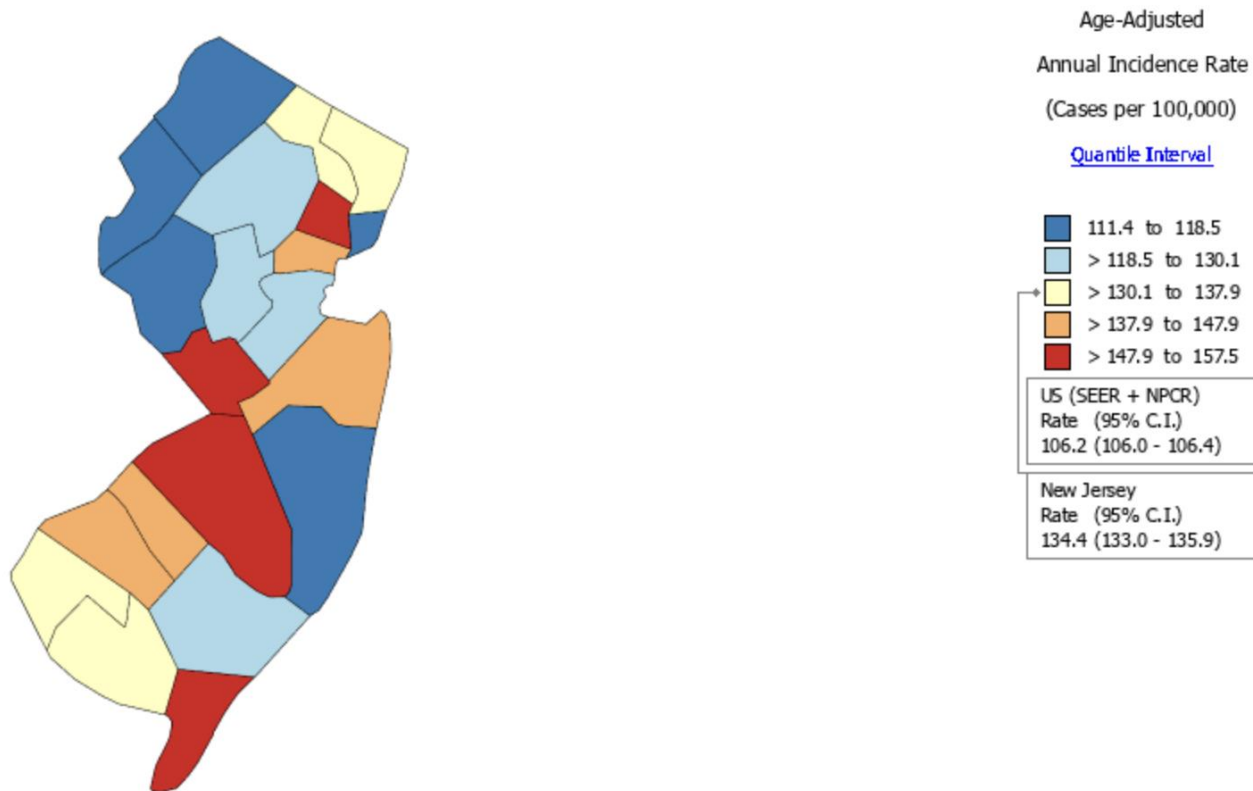
SEER Data, National Cancer Institute

Risk Factors for Prostate Ca

- African American decent
- Family History of Prostate Cancer
 - Father or Brother more than doubles risk
- Personal or Family History of High Risk Germ Line Mutations
 - Hereditary Breast & Ovarian Cancer Syndrome (HBOC)
BRCA1 or BRCA2 (BRCA2 earlier onset, higher mortality risk)
 - Lynch Syndrome- MLH1, MSH2, MSH6, and PMS2,
 - *ATM, PALB2, CHEK2, RAD51D, ATR*
 - Ashkenazi Jewish ancestry
- Family History of metastatic or lethal other Adenocarcinomas
 - Breast, Ovarian or Pancreatic (HBOC)

American Cancer Society
National Comprehensive Cancer Network

**Incidence Rates[†] for New Jersey by County
Prostate, 2014 - 2018
All Races (includes Hispanic), Male, All Ages**



Notes:

[State Cancer Registries](#) may provide more current or more local data.

Data presented on the State Cancer Profiles Web Site may differ from statistics reported by the State Cancer Registries ([for more information](#)).

[†] Incidence rates (cases per 100,000 population per year) are age-adjusted to the [2000 US standard population](#) (19 age groups: <1, 1-4, 5-9, ... , 80-84, 85+). Rates are for invasive cancer only (except for bladder which is invasive and in situ) or unless otherwise specified. Rates calculated using SEER*Stat. Population counts for denominators are based on Census populations as modified by NCI.

The [1969-2018 US Population Data](#) File is used for SEER and NPCR incidence rates.

Rates are computed using cancers classified as malignant based on ICD-O-3. For more information see [malignant.html](#)

Data for the United States does not include data from Puerto Rico



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Prostate Cancer

■ Prevention

- Low fat diet **MAY** decrease risk
- Selenium / Vitamin E **MAY** decrease risk
- Lycopene / Tomatoes **MAY** decrease risk
- * 5 α -reductase Inh (Avodart) **MAY** decrease risk

■ Symptoms

- Usually only when advanced
- Difficulty urinating
- Urine frequency (day or night)
- Pain, burning with urination
- Bloody urine, semen
- New Bone Pains, unwanted weight loss

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Mult trials: Mixed results

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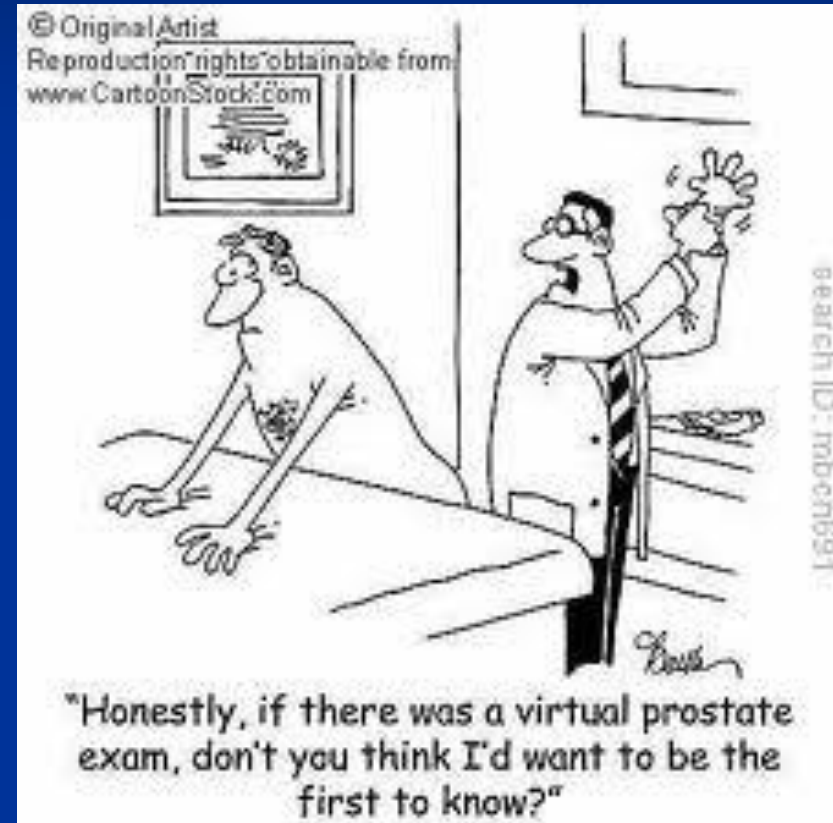
REDUCE Trial: Could help

■ Symptoms

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Prostate Screening

- PSA blood test **AND** rectal exam
- PSA
 - Enzyme made by prostate
 - No absolute cut-off
 - Increased in infection, urine retention, age, prostate enlargement



Basic Screening AUA Guidelines

- Average Risk:
 - Ages 55-70
 - At least 10-yr life expectancy
 - Consider screening every other year vs annually
- Increased Risk:
 - Begin Age 40
 - Screen annually

May continue screening men >70yrs if very good health

Basic Screening NCCN Guidelines

- Average Risk:
 - Ages 45-75
 - At least 10-yr life expectancy
 - Frequency of testing depends on PSA result (<1 vs 1-3 vs >3)
- Increased Risk:
 - Begin Age 40
 - Screen annually

May continue screening men >75yrs if very good health

NOW THAT YOU'RE OVER 40, IT'S NOT JUST ABOUT YOUR BELLY ANYMORE...



MARK
PARISI

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Treatment

- Surgery
 - Open Radical Prostatectomy
 - Robotic Prostatectomy
 - Cryotherapy
 - HiFU
- Radiation Therapy
 - Brachytherapy (seeds)
 - Proton Therapy
 - External Beam Radiation (IMRT)
 - Cyberknife
- Hormonal Therapy
 - For advanced cancer
- Immunotherapy or Chemotherapy
 - After fail Hormonal Therapy



Thank You

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