

Dallas Urologist Discusses Prostate Cancer Treatment using Calypso 4d Radiation Therapy and da Vinci Robotic Surgery 70

BY [EMEDICALMEDIA](#)

The hidden warning signs of prostate cancer



Prostate cancer is no longer an older man's disease; it is important to request a PSA blood test during your annual physical so that prostate cancer can be detected early.

The Truth Behind Prostate Cancer: Prostate Cancer Symptoms, Tests and Advanced Treatment Options

Prostate cancer is on the rise in the US and it is no longer considered an older man's disease. More than 1 in 5 men will be diagnosed with prostate cancer this year and in many urologist offices across the nation, more and more cases involve men in their 40's. To consider this statistic, it is fair to think that all men--both young and old--should understand the symptoms and problems associated with this cancer. The truth, however, is that most men don't have an understanding of what prostate cancer entails—at all.

With one simple PSA (prostate-specific antigen) test, Jeff, a 45-year old IT support representative, got the news that he had prostate cancer. For weeks he had a slight burning sensation during urination, but nothing else that would cause great alarm. A quick visit to a urologist provided him with the early diagnosis that probably saved his life.

The truth behind prostate cancer is that for most men, symptoms do not appear at all. Urination trouble, a burning sensation while urinating, trouble maintaining an erection and other male dysfunction troubles that may occur may come and go at times without causing concern. Many of the early symptoms typically are brushed off as part of life's little annoyances. While the symptoms of prostate cancer do become more troublesome and evident as the disease progresses, experts recommend seeing a doctor with the first onset of symptoms.

[Dr. Mark Allen, MD](#), a North Texas Urologist, recommends that all men--regardless of their age--take control of their health and request a PSA test during their annual routine physicals. "Because prostate cancer is a disease that starts slowly and presents little symptoms at first, it is hard to detect without a PSA blood test. These tests are generally not given during annual exams to men under the age of 45 because prostate cancer has always been considered an older man's disease; these tests can be given upon request. These simple prostate cancer screening tests will provide red flags for these common cancers," says Dr. Allen.

As men increase in age, their [risk of developing prostate cancer](#) increases dramatically. Although only 1 in 10,000 under age 40 will be diagnosed, the rate shoots up to 1 in 39 for ages 40 to 59, and continues to radically increase thereafter."

Understanding prostate cancer

The prostate gland is a small, walnut-sized structure that makes up part of a man's reproductive system. It is the organ that helps a man urinate as well as maintain an erection. It also plays a vital role in the production of semen. Prostate cancer is a malignant tumor that forms in the prostate gland. This particular cancer grows slowly and typically produces little symptoms until it progresses. When prostate cancer symptoms do appear, in many cases the cancer has usually progressed and is in a further stage.

The good news for men who are diagnosed with prostate cancer, there are many new and advanced prostate cancer treatment options to consider—each with a number of pros and cons. It is important to discuss each prostate cancer treatment option carefully with your urologist or oncologist.

According to Urologist, Dr. Mark Allen, MD, “The [Calypso® 4D Localization System](#) is a revolutionary radiation treatment that is helping to eliminate the cancer within the body. It acts as a GPS for the body, directly targeting the cancer cells without affecting nearby tissue. By using real-time tracking of the radiation beam, this incredible piece of technology is as precise as it gets in terms of radiation therapy.”

Similar to the new advances in guided radiation therapy, there are also huge strides that have been made in surgeries to treat prostate cancer. A standard course of treatment is a radical prostatectomy where either all or some of the prostate, as well as tissue surround the organ, is removed. There are side effects to this surgery including impotence and urinary incontinence.

According to experts, the [da Vinci robotic surgery](#) is a highly advanced technical procedure that has been proven to be more effective, quicker to perform, and dramatically less invasive than a traditional prostate surgery.

This breakthrough in prostate surgery uses robotic hands to perform the actual surgery. By making very tiny incisions to the lower abdomen, tiny instruments are inserted into the patient along with a 3D camera. The surgeon then sits at a nearby station where he or she can view the entire prostate image in a perfectly magnified 3D image. The da Vinci system then flawlessly translates the surgeon's hand, wrist and finger movements into precise, accurate, real-time movements of surgical instruments inside the patient. Intrinsically, every maneuver performed with the da Vinci robotic surgical device is performed with direct input from the surgeon.

Because robotic prostate cancer surgery, in general, is relatively new, it hasn't yet been adopted by many Dallas area urologists. Dr. Allen explains, “Many patients are still most comfortable with traditional surgery. For a surgeon, it is a significant investment to make to bring the equipment in-house and the learning curve is pretty extent. However, once mastered, using robotic prostate cancer surgery as a treatment for prostate cancer provides the surgeon with instinctive control, range of motion, tissue manipulation and capabilities that are characteristic of open surgery but with the side effects of a more minimally-invasive procedure.

Dr. Allen continues to say, “Regardless of the prostate cancer treatment options a patient might choose, it's important to detect and diagnose this cancer before it progresses. There are several distinct warning signs that men should be aware of to help catch this increasingly widespread cancer.” He offers some important symptoms to be cognizant of:

- Difficulty or inability to urinate
- Frequent urge to urinate
- [Blood in urine](#) or [semen](#)
- Painful or [burning urination](#)
- Difficulty in having or maintaining an erection
- Painful or uncomfortable ejaculation
- Frequent pain or stiffness in lower back, hips, or upper thighs

While these symptoms could possibly be another condition—such as an enlarged prostate, BPH (Benign prostatic hyperplasia) or prostatitis—which is a common inflammation of the prostate gland, it's important to have a physical and the necessary tests performed so that cancer can be ruled out.

By Kristy M. Theis

Medical Content Editor, eMedical Media

Contributors: Dr. Mark Allen, MD is a skilled urologist practicing in Dallas, Texas. He offers urological services to patients throughout the greater Dallas, Frisco, McKinney, Fort Worth and Arlington areas.



Kristy Theis, Medical Content Editor for eMedical Media.

Was this Hub ...? useful funny awesome beautiful