

PROSTATE GLAND PROBLEMS

A common problem of the elderly male

DR TAHMIR RAHMAN

Prostate gland is a walnut sized gland in the male reproductive system just below the urinary bladder. The main function of the prostate is supply fluid for the sperm during ejaculation. The most common disease of ageing males especially above 50 years is prostatic problems. This includes enlargement of prostate or inflammation of prostate and the most common cancer of male is the prostate gland cancer.

Diseases of prostate gland

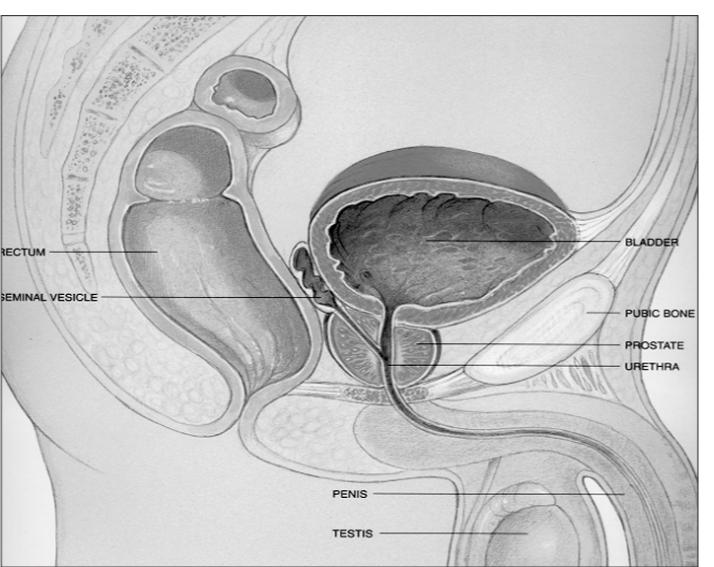
Mainly three diseases are common in prostate gland.

1. Enlargement of prostate or nodular hyperplasia: When prostate gland is enlarged than normal in relation to increasing age, it is known as nodular hyperplasia or benign hyperplasia (condition in which there is an increase in the number of cells in an organ) of prostate. It usually starts at the age of 50 years and peaks at the age of 70 years.

2. Prostatitis or infection of prostate: Infection of prostate usually occurs due to gram-

negative bacteria mostly by E. coli, Enterococci, Streptococci. These bacteria usually infects by the spread of infection from urethra, urinary bladder, kidney and form bacteraemia (blood poisoning, having bacteria in the blood) and septicaemia (blood poisoning, condition where bacteria or their toxins are present in the blood, multiply rapidly and destroy tissue). Apart from bacteria, virus, parasite and fungus can also cause prostatitis. Other causes of prostatitis include gonococcal infection, tuberculosis.

3. Prostatic cancer: This is the most common and primary cancer of male worldwide. Usually affected male are above 50 years of age (incidence 20 percent) and increases up to 70 percent between the ages of 80 years. Exact etiology or cause is not known. However there are some risk factors that include excess amount of fat and less amount of vitamin A, E and selenium and soya product consumption, excess androgen hormone and less estrogen hormone, increasing age etc. There are some



variation in different race also. For example prostate cancer is more in white than Chinese or Japanese.

Symptoms of prostatic diseases

i) Hyperplasia: Patient present with frequency of micturition or repeated of urination, less volume of urine, urine dribbling from

urethra, fullness of bladder and lower abdominal pain. After urination, there is a feeling discomfort and improper voiding of bladder. Also the patient may complain of more urination at night. In some patient no urination (anuria) occurs, some patient may be asymptomatic.

ii) Prostatitis or infection of

prostate: In case of acute prostatitis the patient may present with fever, cold, shivering and burning sensation of during micturition. In case of chronic prostatitis, the patients may develop pain in the back, burning during micturition, lower abdominal pain and discomfort.

iii) Prostatic cancer: Patients may remain asymptomatic or may present with burning sensation during urination, passes of blood with urine. Sometimes there are symptoms of obstruction by the cancer. Some patients present with fracture of vertebral column due to spread of cancer to the vertebrae. Apart from this, patients may present with fever, anorexia, weight loss etc.

Outline of treatment for prostate cancer
Preventive measures:

- Drink plenty of water and fluids
- Yearly check up of some special investigations like Digital rectal Examination (DRE), Prostate Specific Antigen (PSA) and ultrasonogram (USG) especially after 50 years of age and having

above symptoms.

c. If there is congenital abnormality, surgical correction is needed.

Curative measure:

- For nodular hyperplasia: Trans Urethral Resection for Prostate (TURP).
- Prostatitis: Use of appropriate antibiotic as per the advice of doctor after appropriate testing
- Cancer: Surgery followed by hormone therapy, orchidectomy.
- Radiotherapy in terminal cases, palliative treatment for alleviation of pain and other cancer related symptoms.

It can be concluded that although prostatic problems are very frequent and important for ageing males still there is both preventive and curative measures that can reduce the incidence of these problems. Awareness, yearly DRE, PSA and USG of prostate and correct diagnosis is the key to curb the menace.

The writer is the Head of Department of Pathology of Ibrahim Medical College, Dhaka.



All health information to keep you up to date

Television is more harmful than you thought

Today television is the most powerful tool in each and every home. It has become a central piece of home furniture! Over and over again when we switch on our TV sets, we turn off our brain. Many of us become vegetables in front of television shows in day or night time. And lot of people blame television for different health problems from eye, obesity to psychological trouble.

Research results from different places also suggest that television has long-lasting harmful effects on health. Although we realise the probable dangers of letting our offspring watch violent and adult scenes, but many do not recognise that this is not the only problem. Especially in cases of children and teenagers who cannot figure out what is real and what is not on television! They also cannot realise the rationality of tricky advertisements. One American study summarised some major effects of heavy television watching in children in small doses. Try not to allow your children after 10 pm. Serials, movies and documentaries have tremendous impact, both in terms of social and cultural.

Select in advance those programmes your family will watch. Explain to your children about real purposes of most commercials. Sacrifice your own personal preferences. And sometimes join your children watching their movies. Share with their views and enjoyment. Be aware of Hindi serials and movies; these are naughty sedatives. Sometimes most of the channels are not watchable. A parent should consider a number of things in terms of information and knowledge. If possible, buy a VCD or DVD set and choose quality cartoons, healthy documentaries and classical movies including great people's biographies.

Nevertheless we cannot get rid of these justified criticisms as our hands are tied in this technical millennium. But we need to make TV as a positive tool at our homes as much as possible. It is also not illogical that there are some television benefits. Following tips may minimise harmful effects of television

Free medical care for the freedom fighters

STAR HEALTH DESK

..Inaugural programme on "Improvement of healthcare service for the freedom fighters" held in the capital on May 25 last, says a press release.

The programme was organised by AB Foundation, a non-profit humanitarian organisation that provides immense support and free medical treatment to the disadvantaged freedom fighters in addition to their other social activities.

The foundation was laid by the eminent orthopaedic surgeon of the country and head of orthopaedics department of Dhaka Medical College Hospital Professor Dr M Amjad Hossain.

Now the organisation plans to expand their healthcare support to the freedom fighters by providing free medical consultation, medicine free of cost, proper referral and admission to different government hospitals and private clinics.

The service will be monitored and provided at the "Orthopaedic Care, Research and Rehabilitation Center" located at 3/18, Humayun

Road, Mohammadpur, College Gate, Dhaka which is a sister concern of AB Foundation.

Professor Dr M Amjad Hossain, who is also a freedom fighter and holds the post of Health Advisor of Bangladesh Freedom Fighters Welfare Trust for long 26 years will provide free consultation at every Thursday of the week at the centre. Some young doctors of the centre are dedicated to the service as well.

Sector Commander of Sector No 7 during the liberation war, Colonel (Rtd) Kazi Nuruzzaman (Bir Uttam) was present as chief guest while Major General (Rtd) Amin Ahmed Chowdhury (Bir Bikram) and Major (Rtd) Ahsan Ullah were the special guest in the occasion.

Freedom fighters, renowned doctors, journalists, social workers and other members of civil society were present in the inaugural session and hoped for the future growth of the noble initiative by AB Foundation.

Hypertension and heart disease may have no symptom

DR MD HABIBE MILLAT

urban than in the rural areas.

BP can change from minute to minute, especially when we are excited or afraid, and cause an increase in pulse and a rise in the pressure inside our blood vessels. It also is affected by changes in posture, exercise, sleeping, and medications. Monitoring and treating blood pressure is important because damage to arteries begins at fairly low blood pressure levels. Damaged arteries greatly increase the risk for heart attack, stroke, kidney failure, and atherosclerosis.

Hypertension can lead to two major forms of heart disease. These are coronary artery disease and heart failure.

Coronary artery disease occurs when the blood vessels that sup-

ply blood to the heart muscle (coronary arteries) are narrowed or blocked. This narrowing or blockage most often is caused by the buildup of fatty deposits, which is called atherosclerosis. Hypertension increases the risk of atherosclerosis by damaging the lining of the arteries and increasing the likelihood that fatty deposits may form in them. Over time, this can lead to a heart attack.

Hypertensive heart disease occurs when high BP causes the walls of the lower left heart chamber (left ventricle) become thick and stiff, which affects the heart's pumping ability. This may in turn lead to heart failure, a condition in which the heart cannot pump enough blood to meet the needs of the body.

Treating hypertension early can decrease the chances of having heart problems in later life. A healthy low-fat, low-salt diet and healthy lifestyle habits, such as getting more exercise, losing weight, quitting smoking, and managing stress, help control high blood pressure. Healthcare providers often recommend these methods to control blood pressure before turning to medications. The most important points for people with high blood pressure to remember are: follow your doctor's advice, stay on your medication.

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Carotenoids may lower diabetes risk in nonsmokers

For people who don't smoke, the risk of developing diabetes is lower in those with higher levels of carotenoids in their blood, according to a new report. The effect is not seen in smokers, however.

Carotenoids – plant-derived antioxidants found in vegetables such as carrots, tomatoes and spinach – may reduce the risk of diabetes by cutting oxidative stress, the authors of the study explain in the American Journal of Epidemiology. Likewise, high levels of carotenoids may help reduce the oxidative stress caused by cigarette smoking.

Previous reports have linked smoking with low levels of carotenoids. Moreover, in other stud-

ies, high carotenoid levels have been tied to a reduced risk of diabetes. However, it was unclear if the rare smoker with a high carotenoid level still enjoyed a decreased risk of diabetes.

To investigate, Dr. David R. Jacobs, from the University of Minnesota School of Public Health in Minneapolis, and colleagues analysed data from 4493 subjects, between 18 and 30 years of age, enrolled in the Coronary Artery Risk Development in Young Adults (CARDIA) study. The study focused on the 148 cases of diabetes that arose during follow-up from 1985 to 2001.

In nonsmokers, increasing

carotenoid levels at the start of the study were associated with decreasing risk of developing diabetes. In smokers, however, this was not seen and high carotenoid levels were actually associated with a slight increase in risk.

The findings "suggest that smoking may nullify the protective effect (of high carotenoid levels), supporting the concept that antioxidant metabolism and the oxidative defense system behave differently in smokers than in nonsmokers," the authors conclude.

Source: American Journal of Epidemiology



Dr Md Amjad Hossain, Chairman of A B Foundation and Head of Orthopaedics department of Dhaka Medical College Hospital is speaking in the inaugural programme of free medical care service dedicated to the freedom fighters.

Your Doctor



Dr Samanta Lal Sen
Plastic and Reconstructive Surgeon
Project Director, Burn Unit
Dhaka Medical College Hospital

Dear doctor,
I am 30 years old and I have been suffering from an embarrassing problem since I was a teenager. My breasts are enlarged like a female. So it is embarrassing for me to change my clothes in public places and in my hostel.
I would like to know whether there is any remedy for the problem. Please explain whether there is any side effect of the procedure or is there any chance of coming back the same problem.
Thanks and best regards –
Mr M S *

On coming issue "Your Doctor" will respond to problems of skin and venereal diseases. Send your questions to Your Doctor, Star Health, The Daily Star, 19, Karwan Bazar, Dhaka 1215 or e-mail your problem to starhealth@thecitizenstar.net