

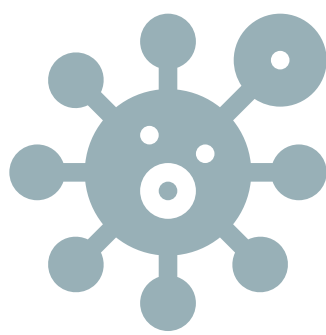
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facts about prostate cancer and pelvic health physiotherapy



1

Prostate cancer is the most common cancer in Australian men



In 2024 there were an estimated 26,400 diagnoses of prostate cancer in Australia. Prostate cancer:

- is an age-related condition
- has a 96 per cent five-year survival rate
- has an increased risk of diagnosis for those with a primary male relative with the disease.

2

PSA testing is not a diagnostic test for prostate cancer



Prostate-specific antigen (PSA) is a protein produced by prostate cells. Changes to PSA levels can be increased:

- in the presence of benign prostatic hyperplasia or prostate/urinary tract infection
- up to 48 hours after ejaculation
- following long periods of pressure to the perineal area (eg, bike riding)
- in the presence of prostate cancer. PSA levels are measured in nanograms per millilitre.

Treatment for prostate cancer can cause long-term side effects

Short- and long-term side effects of prostate cancer treatment include:

- urinary incontinence and erectile dysfunction for radical prostatectomy
- bladder, bowel and erectile dysfunction for radiation therapy
- fatigue, sexual dysfunction, weight gain and mood changes for hormonal treatment.

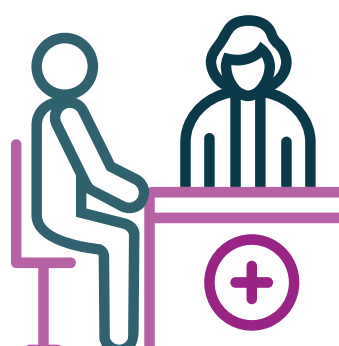


3

Pelvic health physiotherapists support people with prostate cancer

Pelvic health physiotherapists can:

- advise patients on bladder retraining, fluid optimisation, bowel support and management of erectile dysfunction and urinary incontinence
- play an important role in active surveillance
- educate men to help them make informed choices about treatment.



4

Active surveillance is an option for low-grade prostate cancers



Active surveillance of prostate cancer is a recognised treatment option for men with low-grade localised PCa or those wishing to avoid the side effects of PCa treatment. It can involve:

- monitoring change over time via PSA testing, scans and repeat biopsy
- optimising physical activity, reducing weight, ceasing smoking, improving nutrition, eliminating alcohol consumption and improving emotional health.

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