

Prostate Treatment Guide

There are many prostate cancer treatments. Survival rates vary dramatically between the different treatments. These can be affected by many of the patient's factors including:

- Weight - Overweight aggravates the prostate
- Diet - many foods are proven to slow cell growth
- Exercise Levels - activity helps the body flush toxins
- Nutrition - Whether they take a prostate supplement and vitamins
- Family History - The severity can be tracked through a family's medical records.

There are various types of treatments, each with their own level of success and recurrence rates. Here is a quick list of options for anyone who is suffering from prostate pain, and might need to discuss various treatments with their doctor.

When reading the information below, it is important to note that most of the studies only follow their patients for 10 years. In many cases, the study only tracked 80 - 1000 people. This is a very small segment of the population.

The reports and information that were referenced did not include information such as the patient's weight, diet, family history, or whether they took a prostate supplement and prostate specific vitamins.

Brachytherapy This prostate therapy has a 77 - 93 percent success rate. This treatment is most effective when the prostate cancer is confined within the cloud of radiation created by the radioactive pellets. Sometimes this treatment is combined with hormone therapy.

Patients who want to pursue this therapy should lose as much weight as possible. It is an invasive procedure which involves seeding radioactive pellets into the prostate through needles.

Chemotherapy This is one of the most popular treatments, and has one of the poorest survival rates. Most doctors combine this with other forms of cancer treatments. Some studies have shown an improved survival rate when the patient receives oral calcitriol, (active vitamin D)

Hormone Therapy This blocks testosterone to slow a tumor's growth. It may also lower PSA levels and is often used before, during, or following other treatments. When combined with Brachytherapy, studies show that the survival rate is 81 percent after 12 years, with a disease specific survival rate of 93 percent.

However, it is important to note that today's research shows that having hormone therapy before brachytherapy may have a negative effect on survival rates. This is why it is

Prostatectomy and Robotic Prostatectomy This is the removal of the prostate by minimally invasive procedures. Multiple long term studies are suggesting an average of 90 percent success rates. Problems may include impotence, or incontinence. Again, this study was done on 350 patients, with one third of patients undergoing a combination of treatments.

The research on these procedures usually focuses around the post-operative side effects and recovery. It is difficult to find a report with survival rates included.

Complementary and Alternative Medicine (CAM) Prostate cancer is a slow growing cancer. Some patients still opt for increasing their exercise, changing their diet, taking vitamins and a prostate supplement. Research was done on about 1100 older men who chose to take a more natural route instead of an aggressive treatment option.

These treatments are whole body treatments that include: mind-body, biological based, manipulative practices, energy medicines, and whole body wellness. A lot of patients also add Yoga, diet, vitamins, foods, herbs, and prostate supplements that have positive effects on survival rates.

The important thing to note is that many patients used CAM methods with their other methods, and it is a growing method of cancer treatment. This is because CAM is being recognized as a viable option with marked success rates both alone, and in combination with other treatments. (Discuss any treatment with your doctor)

About the Author

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