

ROBOTIC SURGERY

What is prostate cancer?

Prostate cancer (PC) is a malignant tumor in the prostate gland in man.

How common is prostate cancer?

According to GLOBOCAN 2018 data, PC is the 2nd most common among men in Delhi, Bangalore and Pune.

Are some men more likely to be diagnosed with prostate cancer?

Advancing age & family history of PC increase chance of PC in men. Obesity & smoking are associated with late stage diagnosis and treatment failure.

What are the symptoms of prostate cancer?

PC is generally asymptomatic in early stages. The symptoms indicate advance disease. The symptoms may include: Urinary symptoms such as urinary frequency, urgency, weak stream, pain while urination, blood in the urine, blood in semen etc. When it reaches to advanced stage, it may present with bone pain, swellings of legs, back pain, progressive difficulty in walking. When it's ignored at this stage it can cause permanent paralysis of lower legs with loss of bladder and bowel control.

How prostate cancer is diagnosed?

Two tests are commonly used to screen for PC; first, Digital rectal examination (DRE) where a doctor

inserts a gloved, lubricated finger through anal opening to examine the prostate & second, Prostate specific antigen (PSA) test, which measures the level of PSA in the blood, which can be higher in PC.

If initial tests suspect PC, further tests like MRI scan; PET scan & biopsy from prostate are performed. All the above tests can suspect PC except biopsy, which confirms the cancer.

How is prostate cancer treated?

The treatment may involve active surveillance, surgery, radiation therapy, hormonal therapy & chemotherapy. Men with early stage cancer would receive surgery or radiation as a primary treatment. Men with advance stage cancer may receive combination of these therapies.

What is Robotic surgery in prostate cancer?

Robot-assisted Surgery is an advanced form of laparoscopic surgery, where a doctor works at a remote console controlling the robotic instruments which delivers fine, calibrated & synchronized instruments movements inside the patient's body, thus allows surgeon to perform complex surgeries in a much easier way. It causes less blood loss, pain, wound complications & urine leakage. It gives better chance of preservation of sexual function and slightly better cancer control compared to open and laparoscopic surgery.



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In fact, more than 95 % of the surgeries for PC in United States are being done with help of robotic systems for last 20 years.

What kinds of follow-up treatments are available?

After treatment, patients are monitored with 3 monthly PSA test & PET scan as & when required. Recurrent PC manifests as rising PSA levels in blood & it usually responds well to re-treatments, which may be different from primary treatment.

Can a man survive prostate cancer?

Yes. Today, more men are surviving PC than ever before. Treatment at early stage assures more than 80 % cure rates. Treatment of Recurrent PC also gives good long term survival.

In a nutshell, PC is a common cancer in men. Effective treatment options are available to cure it if detected in early stages. Yearly PSA test and prostate examination after the age of 50 years, detect it early.