

Prostate Cancer

Prostate cancer is one of the most common cancers among men and begins in the gland cells of the prostate. Because prostate cancer often does not cause symptoms in its early stages, routine screening is important, especially in the early stages — before it grows or spreads.

Statistics

- In 2026, an estimated 333,830 new cases of prostate cancer will be diagnosed in the United States.
- An estimated 36,320 people will die from prostate cancer in 2026.
- The five-year survival rate for localized prostate cancer is close to 100% but drops to 38% for those diagnosed with distant-stage disease.
- In Texas, an estimated 24,090 new cases of prostate cancer and approximately 2,480 deaths are expected in 2026.

Risk Factors

There are several risk factors that can increase a patient's risk of developing prostate cancer, such as:

- **Tobacco Use:** Smoking exposes the body to harmful chemicals that damage DNA.
- **Excess body weight:** Being overweight or obese can create a pro-inflammatory and high-insulin environment that can promote tumor growth.
- **Increasing age:** Prostate cancer risk rises sharply after age 50 due to chronic inflammation and hormonal changes over time.
- **Certain inherited genetic conditions:** Patients with Lynch syndrome and BRCA1 and BCRA2 mutations have a higher risk of developing prostate cancer.

Symptoms

Prostate cancer usually causes no symptoms in its early stages. When the disease advances, it may share symptoms with benign prostate conditions, such as:

- Weak or interrupted urine flow
- Difficulty starting or stopping urination
- Frequent urination, especially at night
- Blood in the urine
- Pain or burning with urination
- Pain in the hips, spine, ribs, or other areas

Prevention

There is no sure way to prevent prostate cancer. However, you can take steps to lower your risk, such as:

- Maintaining a healthy weight
- Engaging in regular physical activity
- Eating a healthy, nutritious diet high in vegetables

Treatment Options

Depending on the stage of disease and the tumor's size and location, prostate cancer may be treated with one or a combination of the following:

- Active surveillance
- Surgery
- External beam radiation
- Brachytherapy
- Hormone therapy
- Chemotherapy
- Radiation therapy

About Texas Oncology

Founded in 1986, Texas Oncology is an independent, physician-led practice and a member of the US Oncology Network. With more than 550 physicians and 300 locations across Texas, Texas Oncology serves over 250,000 cancer patients each year.

Texas Oncology provides advanced care across 19 specialties and offers a comprehensive clinical trials and research program that has contributed to the development of more than 100 FDA-approved cancer therapies. Learn more at [TexasOncology.com](https://www.texasoncology.com).