

## Chapter II

# 17

## PROSTATE ICD-10 C60

Visoot Vootipruk, M.D.

### Incidence

Prostate cancer is the third most common cancer in men in the world, with 543 000 new cases each year. In the majority of more developed and developing countries, prostate cancer is the most commonly diagnosed neoplasm affecting men beyond middle age.

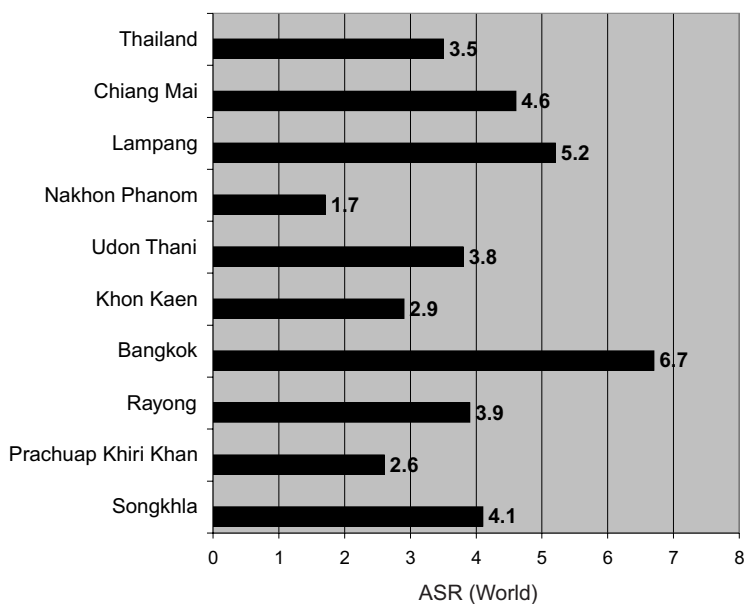
The incidence rate of prostate cancer in Thailand was 3.5 per 100 000 male population (Figure 2.17.1). It ranked 7<sup>th</sup> of most common cancer in men. The incidence is low before the age of 40 and increases rapidly with age after 50 (Figure 2.17.2).

### Risk factors

Age is the strongest risk factor for prostate cancer. Development of this malignancy is a multi-step process associated with a long

natural history. It can be inferred that the initiation of preneoplastic lesions and microscopic cancer is influenced by environmental factors which, in turn, implies a case for lifestyle causes and primary prevention. Although many of the risk factors for adenocarcinoma of the prostate are weakly linked, the strong association of race, familial and geographic patterns with mortality directs attention to a significant role for genetic-environmental interactions as determining patterns of disease. Dietary patterns suggest that saturated fat is a significant risk factor, while micronutrients such as the vitamins A, E and D, selenium, lycopene and calcium may exercise a protective effect against cancer (World Cancer Report, 2003).

Figure 2.17.1 Prostate cancer in different regions, 1998-2000



**Figure 2.17.2** Age-specific incidence rates of prostate cancer, 1998-2000

