

# Everything You Need To Know About The Man Gland

The prostate gland is a small, walnut-sized organ that sits at the base of the bladder. It is responsible for producing the fluid that makes up semen. The prostate gland is also involved in the process of urination. As men age, the prostate gland can begin to enlarge. This condition, known as benign prostatic hyperplasia (BPH), can cause difficulty urinating. In some cases, BPH can also lead to prostate cancer.



## The Prostate: Everything You Need to Know About the Man Gland by Life Lab Academy

★★★★☆ 4 out of 5

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Prostate cancer is the most common cancer among men in the United States. It is a serious disease, but it is also one that can be treated successfully if it is caught early. The key to early detection is regular prostate cancer screening. Men over the age of 50 should talk to their doctor about getting a prostate cancer screening.

The Man Gland provides everything you need to know about your prostate, from the anatomy and function to the latest treatments for prostate cancer.

Dr. Samadi also discusses the importance of prostate cancer screening and offers tips on how to reduce your risk of developing prostate cancer.

If you are a man, *The Man Gland* is a must-read. It is a comprehensive guide to prostate health that will help you understand your prostate and make informed decisions about your health.

## **The Anatomy and Function of the Prostate Gland**

The prostate gland is located at the base of the bladder. It is about the size of a walnut and surrounds the urethra. The urethra is the tube that carries urine out of the bladder. The prostate gland produces the fluid that makes up semen. This fluid helps to nourish and protect sperm. The prostate gland also helps to control the flow of urine.

## **Benign Prostatic Hyperplasia (BPH)**

Benign prostatic hyperplasia (BPH) is a condition in which the prostate gland becomes enlarged. This can cause difficulty urinating. BPH is a common condition, especially in men over the age of 50. The symptoms of BPH can include:

- Difficulty starting to urinate
- Weak stream of urine
- Frequent urination
- Feeling that the bladder is not completely empty after urinating
- Urinary incontinence

BPH can be treated with medication or surgery. The type of treatment that is best for you will depend on the severity of your symptoms.

## **Prostate Cancer**

Prostate cancer is the most common cancer among men in the United States. It is a serious disease, but it is also one that can be treated successfully if it is caught early. The key to early detection is regular prostate cancer screening. Men over the age of 50 should talk to their doctor about getting a prostate cancer screening.

The symptoms of prostate cancer can include:

- Difficulty urinating
- Weak stream of urine
- Frequent urination
- Feeling that the bladder is not completely empty after urinating
- Urinary incontinence
- Blood in the urine or semen
- Pain in the lower back, pelvis, or thighs
- Erectile dysfunction

Prostate cancer is treated with surgery, radiation therapy, chemotherapy, or hormone therapy. The type of treatment that is best for you will depend on the stage of your cancer.

## **Prostate Cancer Screening**

Prostate cancer screening is a test that can help to find prostate cancer early. The two most common prostate cancer screening tests are the prostate-specific antigen (PSA) test and the digital rectal exam (DRE). The PSA test measures the level of PSA in your blood. PSA is a protein that is produced by the prostate gland. The DRE is a physical exam in which the doctor feels the prostate gland for any lumps or abnormalities.

Prostate cancer screening is recommended for men over the age of 50. Men who have a family history of prostate cancer may need to start screening at an earlier age.

## Reducing Your Risk of Prostate Cancer

There are a number of things you can do to reduce your risk of prostate cancer, including:



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