

Not every case of prostate cancer requires immediate treatment, says expert

Dr Vaibhav Saxena

With prostate cancer becoming the second leading cause of cancer among men in major cities, getting an early diagnosis is important while cautioning that not every prostate cancer case requires immediate treatment.

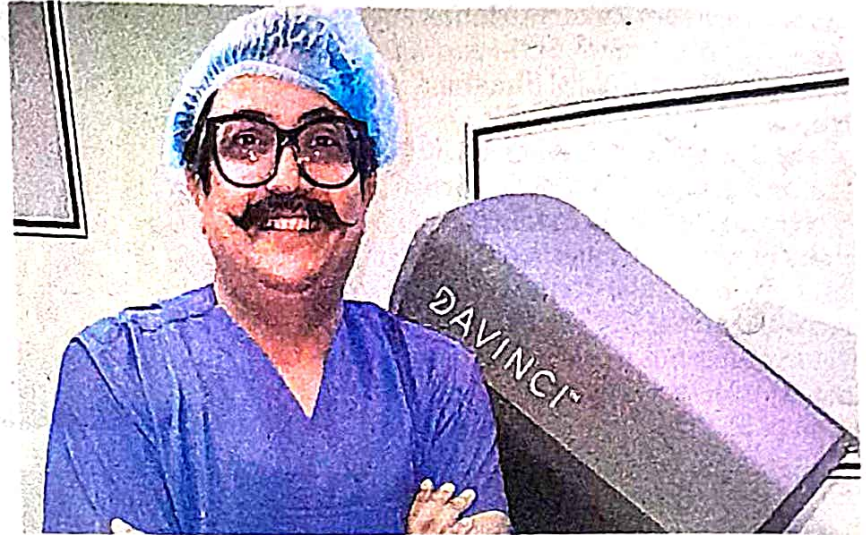
PROSTATE HEALTH AND IMPORTANCE OF EARLY DIAGNOSIS

Infertility affects approximately 15% of couples worldwide, with men being responsible for 20-30% of cases. With the increasing incidents of prostate problems, it is crucial for men to take their urinary health seriously. Ignoring urinary issues can lead to severe conditions such as prostate cancer, diabetes, kidney problems and infertility.

Prostate cancer diagnosis typically involves a digital rectal exam and a blood test to measure prostate-specific antigen (PSA) levels. Men with PSA levels between 4 and 10 have a 25% chance of developing prostate cancer, while levels above 10 increase that risk to over 50%. However, it remains unclear whether the benefits of universal testing outweigh the risks, as overdiagnosis can lead to unnecessary treatment of cancers that may not even have caused significant harm.

IS ROBOTIC SURGERY SAFE FOR PROSTATE CANCER?

Robotic-assisted



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PHOTO: HTCS

prostatectomy is now one of the most popular methods for treating localised prostate cancer. This cutting-edge technique minimises the impact on bowel, urinary and sexual function.

It's important to note that not all prostate cancer patients are suitable for robotic surgery. Each case is carefully evaluated to determine the most appropriate treatment plan. Robotic surgery is only recommended when it is deemed the best option for the patient.

Many advantages of robotic surgery include significantly less blood loss, smaller incisions, lower infection rates, fewer complications, and a faster recovery rate with robotic surgeries.

A PIONEER IN UROLOGY

Dr Vaibhav Saxena's career is marked by significant contributions to urological health. With over 20,000 urological procedures and the successful treatment of more than 1,000 male infertility patients, Dr Saxena is a leading figure in his field. His tenure at AIIMS (2008-2011) provided him with substantial experience in robotic-assisted surgeries, establishing him as one of the few urologists in India to specialise in this advanced technique.

He is committed to changing the perception of male urological health, encouraging men to seek treatment without hesitation. His dedication to innovation and patient care ensures that he remains at the forefront of urological advancements.

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