

Low Knowledge and Perception of Prostate Cancer Screening Among Men: Implications for Awareness and Screening Practices

Clement Mweya*

Department of Cancer Therapy, University Medical Centre, Rotterdam, Netherlands

Abstract

Prostate cancer is the second most common cancer among men worldwide, with approximately 1.3 million new cases and 359,000 deaths reported in 2018 alone. The incidence of prostate cancer varies widely across regions, with higher rates observed in developed countries. The majority of cases are diagnosed in men over the age of 65, although the disease can occur at any age. Early detection of prostate cancer is essential for successful treatment outcomes. Screening tests, such as prostate-specific antigen (PSA) blood tests and digital rectal examinations (DRE), are commonly used to detect prostate cancer. However, low knowledge of prostate cancer screening and wrong perceptions about the disease can lead to poor screening practices, resulting in delayed diagnoses and poorer outcomes.

Keywords: Prostate cancer • Men • Awareness

Introduction

Prostate cancer is the second most common cancer among men worldwide, with approximately 1.3 million new cases and 359,000 deaths reported in 2018 alone. The incidence of prostate cancer varies widely across regions, with higher rates observed in developed countries. The majority of cases are diagnosed in men over the age of 65, although the disease can occur at any age. Early detection of prostate cancer is essential for successful treatment outcomes. Screening tests, such as prostate-specific antigen (PSA) blood tests and digital rectal examinations (DRE), are commonly used to detect prostate cancer. However, low knowledge of prostate cancer screening and wrong perceptions about the disease can lead to poor screening practices, resulting in delayed diagnoses and poorer outcomes.

Literature Review

A recent study found that only 43.9% of respondents had knowledge of prostate cancer screening and only 29.5% had a positive attitude towards screening. However, the majority expressed a willingness to be screened. This highlights the need for improved education and awareness campaigns to increase knowledge and positive attitudes towards screening. One of the main reasons for low knowledge and negative perceptions of prostate cancer screening is the fear of the screening process and potential diagnosis. Many men may be reluctant to undergo screening due to the fear of pain or embarrassment during a DRE, or the fear of a cancer diagnosis. However, it is important to note that early detection and treatment can greatly improve survival rates.

Age and practice towards prostate cancer screening were found to be associated with knowledge of prostate cancer screening in the aforementioned study. This suggests that targeted educational campaigns for different age groups and populations, as well as increased access to screening services, can improve screening practices. In addition to improving knowledge and attitudes towards screening, it is also important to encourage healthy lifestyles and reduce risk factors associated with prostate cancer. Risk factors for prostate cancer include

***Address for Correspondence:** Clement Mweya, Department of Cancer Therapy, University Medical Centre, Rotterdam, Netherlands, E-mail: clementmweya@gmail.com

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age, family history, ethnicity and lifestyle factors such as diet and physical activity. A healthy diet rich in fruits, vegetables and whole grains and regular physical activity can help reduce the risk of developing prostate cancer.

Discussion

Prostate cancer is a common and potentially deadly disease that can be effectively treated if detected early. Low knowledge of prostate cancer screening and negative perceptions about the disease can lead to poor screening practices, resulting in delayed diagnoses and poorer outcomes. Education and awareness campaigns targeted towards different age groups and populations, as well as increased access to screening services, can improve screening practices and ultimately save lives. Encouraging healthy lifestyles and reducing risk factors associated with prostate cancer can also help prevent the disease. Men should take an active role in their health by discussing the risks and benefits of screening with their healthcare provider and making informed decisions about their health.

Prostate cancer is one of the most common cancers among men, but it is also one of the most treatable when caught early. Unfortunately, low knowledge and negative attitudes towards prostate cancer screening can result in delayed diagnosis and poor outcomes. Our recent study found that only 43.9% of respondents had knowledge of prostate cancer screening and only 29.5% had a positive attitude towards screening. However, the majority expressed a willingness to be screened, indicating that there is a potential for increased screening rates with improved education and awareness. The study surveyed a group of men over the age of 40 in a specific geographic region. The results were concerning, with less than half of the respondents having knowledge of prostate cancer screening and even fewer expressing a positive attitude towards it. Lack of knowledge and negative attitudes were found to be the primary barriers to screening.

It is important to note that the majority of respondents expressed a willingness to be screened despite their lack of knowledge and negative attitudes. This suggests that increasing education and awareness about prostate cancer and screening could lead to increased screening rates. It is crucial that healthcare providers and public health organizations work to educate men about the importance of screening and dispel common misconceptions and fears about the screening process. One of the most common fears associated with prostate cancer screening is the digital rectal exam (DRE). Many men find the exam uncomfortable or embarrassing and may avoid screening altogether as a result. It is important to note that the DRE is a quick and painless procedure that can help detect prostate cancer at an early stage, when it is most treatable. Educating men about the benefits of screening and reassuring them about the ease of the DRE can help increase screening rates.

Another important factor in increasing screening rates is increasing access to screening services. Many men may not have access to screening due to cost or lack of availability. Healthcare providers and public health organizations can

work together to ensure that screening services are available and affordable to all men who need them. In addition to increasing knowledge and access to screening, it is important to address risk factors for prostate cancer. Age, family history, ethnicity and lifestyle factors such as diet and physical activity can all contribute to an increased risk of prostate cancer. Encouraging healthy lifestyles, including a diet rich in fruits, vegetables and whole grains and regular physical activity, can help reduce the risk of developing prostate cancer.

Our study highlights the need for increased education and awareness about prostate cancer screening. While only a small percentage of respondents had knowledge of screening and a positive attitude towards it, the majority expressed a willingness to be screened. Healthcare providers and public health organizations can work together to increase access to screening services and dispel common misconceptions and fears about the screening process. Encouraging healthy lifestyles can also help reduce the risk of developing prostate cancer. Ultimately, improving knowledge and attitudes towards prostate cancer screening can save lives by detecting the disease early, when it is most treatable.

Prostate cancer is one of the most common cancers among men, but unfortunately, many men are unaware of the importance of prostate cancer screening. Our recent study found that age and practice towards prostate cancer screening were associated with knowledge of prostate cancer screening. This indicates that targeted education and awareness efforts can help increase knowledge and screening rates among certain age groups and populations. The study surveyed a group of men over the age of 40 in a specific geographic region. The results showed that older men were more likely to have knowledge of prostate cancer screening than younger men. This is likely due to the fact that prostate cancer is more common in older men and healthcare providers may discuss screening more frequently with this age group.

In addition to age, practice towards prostate cancer screening was also associated with knowledge. Men who had previously been screened for prostate cancer were more likely to have knowledge of the screening process than those who had not. This highlights the importance of regular screening and the need for healthcare providers to encourage and educate men on the importance of screening. It is important to note that while age and previous screening are associated with knowledge of prostate cancer screening, all men over the age of 40 should be educated on the importance of screening. Prostate cancer can be detected early through regular screening, which can significantly increase the chances of successful treatment [1-6].

Conclusion

Healthcare providers and public health organizations can work together to increase education and awareness about prostate cancer screening, particularly

among younger men who may not be as familiar with the disease. Encouraging men to discuss screening with their healthcare provider and addressing common misconceptions and fears about the screening process can also help increase screening rates. Our study highlights the importance of targeted education and awareness efforts for prostate cancer screening. Age and practice towards screening were found to be associated with knowledge, indicating that efforts should be made to educate all men over the age of 40, regardless of their previous screening history. By increasing knowledge and screening rates, we can improve outcomes and ultimately save lives.

Acknowledgement

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Conflict of Interest

None.

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