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Prostrate Health

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Prostate Health

Prostate cancer is the most frequently diagnosed type of cancer among men globally and in the United States. The condition also remains the leading contributor of cancer-related mortality since most men have a limited understanding of the preventive strategies. Screening levels are also low in most parts of the United States, hence the need to improve preventive and management strategies to promote positive health and well-being. The paper will explore the incidence and impact of conditions related to prostate health, while formulating prevention strategies at three levels to outline the most effective strategy.

Incidence and Impact of Prostate Health on Men

Prostate cancer among men has increased over the past few years especially in developed countries like the US. The issue increased from 1975 to 1991, with a notable peak in the early 1900s because of the use of prostate-specific antigen screening that allowed for the detection of prostate cancer (Du et al., 2023). For this reason, prostate cancer reduced over the years. However, there have been an increase in the prevalence of the condition due to a decreased number of individuals being screened particularly among the older population. Although prostate cancer may grow slowly and unnoticed if no screening has been done, the condition may threaten survival if not detected early, thereby leading to significant health issues, including anxiety (Yu Ko et al., 2020). Consequently, there is a need to evaluate the prevalence of prostate cancer while focusing on racial disparities in addition to evaluating effective preventive strategies.

Two Relevant Population-Based Strategies at Each Level of Prevention

Primary Prevention

Primary prevention strategies for prostate cancer focuses on reducing the risk of prostate health conditions before they occur. The two main prevention strategies under this category

include lifestyle modification programs and public health awareness campaigns. The rationale behind selecting lifestyle modification programs is because community-based interventions that promote physical activity, using alcohol in moderation, and smoking cessation promote quality health outcomes. According to Dovey et al. (2023), changes in lifestyle including stress reduction, exercise and diet may improve patients' mental health and disease outcomes, including reducing the economic cancer burden on health systems. Similarly, public health awareness campaigns targeting men, particularly those at higher risks such as African Americans is crucial to ensure timely interventions. This is because a significant number of men have low levels of awareness regarding the risk factors of cancer and benefits of screening (Benedict et al., 2023). Therefore, it is crucial to apply the two prevention strategies for purposes of raising awareness and promoting lifestyle modifications that improve the health and well-being of the population.

Secondary Prevention

Secondary prevention of prostate cancer involves early detection and intervention to prevent escalation to severe levels or stages. One of the secondary prevention strategies is prostate-specific antigen screening. This is because the screening is targeted for men aged between 55 to 69 for high-risk groups. Studies indicate that prostate-specific antigen screening has transformed how prostate cancer is being diagnosed and treated by allowing for early detection (Sundaresan et al., 2025). Having mobile and workplace screening initiative is also another secondary strategy that aims to reach men who may avoid regular physician visits since mobile clinics have been shown to increase participation for individuals in underserved areas (Moghul et al., 2023). Consequently, it is crucial to provide screening and establish initiatives for

screening at the workplace and within communities to reach men from underserved populations, as two of the most important secondary prevention strategies.

Tertiary Prevention

There are various strategies that can be used at the tertiary level to improve well-being and reduce complications. For this reason, men with prostate cancer can benefit from support groups and peer mentoring. This is because support groups improve treatment adherence and enhance emotional well-being so that men can cope with side effects (Kiemen et al., 2023). Another strategy is implementing comprehensive survivorship programs that involve dietary guidance, psychological support, sexual health counselling and physical rehabilitation for men undergoing prostate cancer treatment. The rationale behind selecting the strategy is because such programs have helped survivors to manage long-term effects and improve the quality of life (Koch et al., 2022).

Strategy With the Greatest Impact

Although all strategies are effective depending on the level of treatment, the strategy with the greatest impact is the informed prostate specific antigen screening and early detection programs. This means that early detection allows for timely interventions to improve survival rates. Lifestyle modifications may also work, in addition to the value added by survivorship programs. However, screening is more suitable to ensure that individuals know about their status so that they may make informed decisions to improve their health and well-being (Sundaresan et al., 2025). Thus, increasing access to screening to raise awareness regarding prostate cancer especially among high-risk groups can save the lives of thousands annually.

Conclusion

Prostate health is still a major concern in the United States that contributes to high healthcare costs, mortality, and morbidity. However, the most effective strategy has been identified as prostate specific antigen screening as it informs men about their health so that they may make further decisions. Such an intervention also promotes quality of life and long-term survival since early detection of prostate issues facilitate timely intervention. Ultimately, prostate health among men in the United States is crucial, where screening is the most effective intervention to ensure improved quality of life and preventive strategies.

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