

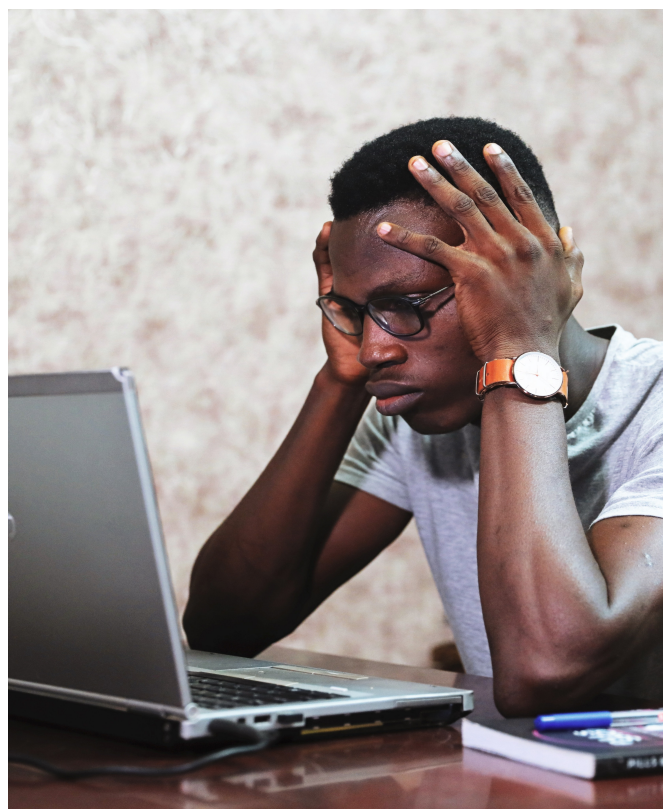
How can early intervention help prevent prostate cancer?

Are you worried about your prostate? Is it enlarged? Have you got a family history of prostate cancer or have you a friend with the condition who has got you thinking about your own prostate health? With prostate cancer levels on the rise, and roughly 1 in 6 men developing the condition each year, a quick home test of your prostate PSA antigen levels, the biological biomarker of prostate health, can be lifesaving.

How testing for PSA antigen can help be the early intervention that is disease prevention.

The prostate is the gland at the top of the male penis which is part of the male reproductive system and is responsible for making semen, a milky liquid which protects and supports sperm, the male reproductive cells which combine with female eggs to make offspring. The prostate also helps with male ejaculation and helps to regulate urine flow and helps to convert Testosterone (the male hormone required for male sexual characteristic development and plays a role in male mood and aggression levels) into its biologically active form DHT (dihydrotestosterone). Therefore, problems with the prostate can inhibit urine flow, impact Testosterone production and cause fertility problems.

Prostate cancer is most common in men over the age of 65. It can happen at a younger age, but it is uncommon under 50. In the UK it affects about 48,600 men each year. Whilst life threatening, it is curable, depending on the cancer grade and stage. It causes symptoms such as blood in your urine, difficulties urinating, increased urination rate and pain upon sexual intercourse. Early detection of prostate cancer can be the early intervention which can stop disease spread and prevent the later stage, higher mortality rate cancers.



PSA antigen is a biomarker of prostate health. Whilst a high PSA antigen does not conclude categorically that a person has prostate cancer, it can be a warning sign, and evoke the necessary doctor's examination, CT scan, biopsy and MRI scans and other formal diagnostic tools, that can determine if you have prostate cancer. This can lead to the essential lifesaving medical interventions which save lives. A simple home blood test can put in place the necessary steps which elongate lifespan.

How can NPH Group help?

Want to improve your mental and physical health based on your own personal biochemical evidence and ensure you reach your optimum health capacity?

For more information, please get in touch info@nph-group.co.uk.