



PAID PROMOTIONAL FEATURE

The prostate gland is about the size of a walnut in younger men, but it enlarges as men age. It adds fluid to semen, and its muscles help push semen through the urethra, the tube that carries urine and semen out of the body through the penis.

Being age 50 or older, having a history of smoking, having a family history of prostate cancer, and being African American increases one's risk of the disease. Prostate cancers tend to grow slowly. Some tumors never become a problem, but this is not always the case. A PSA test measures prostate-specific antigen in the blood. Elevated levels can mean cancer is present.

Early-stage prostate cancer usually has no symptoms, but they can show up later. Symptoms include having to pee more often (especially at night) or straining to empty your bladder, blood in your urine or seminal fluid, new onset of erectile dysfunction, discomfort or pain when sitting, and pain or burning when urinating. Other symptoms can occur if cancer has spread beyond the prostate gland.

Should you get screened if you have no symptoms? There's no easy answer, because tumor growth is hard to predict. Discuss your risks with your doctor.

## How is prostate cancer treated with radiation?

Prostate cancer is most often treated with external-beam radiation therapy (EBRT), delivered from outside the body, and specifically with intensity-modulated radiation therapy (IMRT), which treats the tumor while protecting nearby normal tissues.

In another method, brachytherapy, small radioactive pellets are placed directly into the prostate. Brachytherapy alone is generally used only in men with relatively slow-growing, early-stage prostate cancer. Brachytherapy combined with external radiation is sometimes used with men whose cancer is more likely to grow outside the prostate.

## Ovarian Cancer Basics

Ovaries are about the size of an almond. They release eggs and the hormones that control menstruation. When ovarian cancer develops, it is usually in cells on the outside of the ovary, though it can also occur in the fallopian tubes, which transport eggs from the ovary to the uterus (womb).

Ovarian cancer is usually aggressive and the risk of this disease increases with age. It's rare in women younger than 40, but half of all ovarian cancers are found in women age 63 or older. Women who have never had a child, who have not taken birth control pills, or who were older than 35 when they had their first full-term pregnancy are also at higher risk. Additional risks include a family history of ovarian and several other cancers.

The most common symptoms of ovarian cancer are bloating and belly pain, trouble eating or feeling full quickly, and frequent urges to urinate. Other symptoms include pronounced fatigue, back pain and pain during sexual intercourse, constipation, and menstrual changes like heavier or irregular bleeding. Speak with your doctor if you experience these discomforts.



by the numbers

313,780  
and  
20,890

Estimated new cases of prostate and ovarian cancers in the U.S. in 2025



12.9%  
and  
1.1%

Proportion of men who will be diagnosed with prostate cancer and women who will be diagnosed with ovarian cancer in their lifetimes in the U.S.



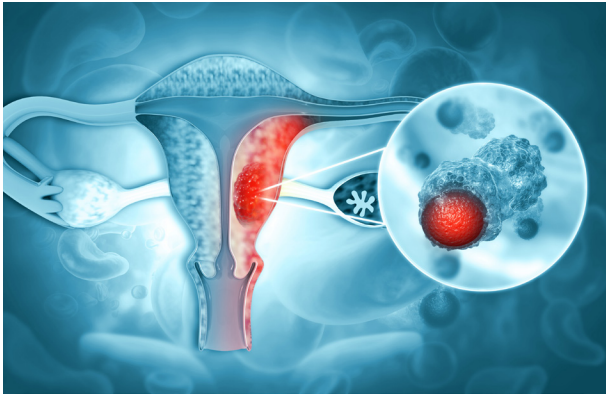
3,518,978  
and  
243,572

Men living with prostate cancer and women living with ovarian cancer in the U.S. in 2022



0.6%  
and  
2.7%

Decrease in average annual death rates of prostate and ovarian cancers in the U.S. over 2014–2023



## How is ovarian cancer treated with radiation?

Radiation therapy is not used as a first treatment for ovarian/fallopian tube cancer. External-beam radiation therapy (EBRT), delivered from outside the body, is sometimes used to treat small, localized recurrent cancer. Brachytherapy, in which radioactive pellets are placed inside the body, is rarely done for ovarian cancer.

RBOI's support services are available to the community free of charge, from before diagnosis through treatment and afterward, regardless of where you are being treated. Give us a call.



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