

## MEN'S ONCOLOGY: PROSTATE AND LUNG CANCER

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### Abstract

Currently, men's oncology occupies an important place in medicine, because cancer is one of the leading causes of death among men. The most common oncological diseases among men are prostate cancer and lung cancer. Prostate cancer mostly occurs in men over 50 years of age and progresses gradually. As a rule, this disease passes at an early stage almost without symptoms, which makes it difficult to make a diagnosis in time. And lung cancer is one of the most common and most dangerous tumors, not only in men but in the world as a whole. Mainly smoking, environmental factors and work in harmful industries play an important role in the development of this disease.

This article discusses the causes, clinical signs, diagnosis and treatment methods of prostate and lung cancer. At the same time, the importance of prevention, early detection and modern methods of treatment of these types of diseases is highlighted. The main goals of the article are to raise awareness for oncology of men, to promote preventive and healthy lifestyles.

**Keywords:** Men's oncology, prostate cancer, lung cancer, smoking, PSA test, biopsy, surgery, radiotherapy, chemotherapy, immunotherapy, targeted therapy, men's health, oncological prophylaxis, early diagnosis, risk factors, wellness.

### Introduction

#### The relevance of men's oncology

Today, men's oncology is one of the most urgent medico-social challenges worldwide today. Oncological diseases are common among men, which in most cases are among the leading causes of death. Tumors in the male body pose a serious danger due to its complex development process, latent early stage and late diagnosis. Therefore, the development of comprehensive prevention, early detection and modern methods of treatment in this direction plays an important role.

Prostate cancer **and lung cancer are among the most common and considered dangerous diseases among men**. These diseases pose a serious threat to men's health and directly affect their quality and life expectancy. Especially in men over 40 years, the

lack of regular examinations and neglect of preventive measures lead to the untimely detection of these diseases.

### Statistical Indicators for Prostate and Lung Cancer

According to the World Health Organization (WHO) and various cancer centers, prostate and lung cancer are among the most common tumors among men.

- **Prostate cancer** is ranked number one among the most common tumors in men worldwide. More **than 1.4 million new cases** are reported each year. In most cases, the disease is detected after 50 years. Prostate cancer also has high mortality rates, especially if detected late.
- **And lung cancer** is the oncological disease with the largest number of deaths among men in the world. About **2 million new cases** are reported each year, and the bulk of them are in the male contribution. Smoking, environmental factors and harmful production conditions are some of the main causes of this disease. Therefore, a large-scale work is needed to detect and prevent problems related to prostate and lung cancer.

### Prostata saratoni

#### Causes and risk factors for the disease

Prostate cancer is one of the most common oncological diseases among men. Several factors play an important role in its development. Although the exact cause of the disease has not yet been fully determined, the following risk factors are indicated as the main causes:

- **Age factor:** Prostate cancer is mostly found in men over 50 years of age. As we age, the level of risk increases.
- **Hereditary predisposition:** If one of the close relatives (father, brother) has prostate cancer, the other men are more likely to develop the disease.
- **Hormonal changes:** High levels of the male sex hormone testosterone may play a role in the development of the disease.
- **Poor diet:** A diet rich in animal fats, low mobility also increases the risk of prostate cancer.
- **Environmental factors:** Harmful production and environmental pollution are also negatively affected.

### Clinical signs and methods of diagnosis

Prostate cancer often has no symptoms in its early stages. Because of this, many cases are detected late. With the development of the disease, the following clinical signs appear:

- difficulty urinating
- Slowing the flow of urine
- Blood mixing in the urine

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- Pain in the lower abdominal area or lower back
  - Pain or blood appearance during ejaculation
  - Fatigue, weight loss

#### **Methods of diagnosis:**

1. **PSA (Prostate Specific Antigen) test** – used to determine the likelihood of prostate cancer through blood. Elevated PSA levels can be a symptom of the disease.
2. **Rectal examination (DRE)** – a doctor examines the prostate gland with a finger.
3. **Ultrasound scan (TRUS)** – to determine the state of the prostate tissue.
4. **Biopsy** – a histological examination of the prostate gland to determine the presence of cancer.
5. **MRI, or CT**, is used to detect the spread of the tumor.

#### **Methods of treatment and modern approaches**

Prostate cancer treatment options are selected depending on the stage of the disease, the age of the patient, and the general condition. The main methods are as follows:

##### **1. Kuzatuv (active monitoring):**

If development is slow at the initial stage, the doctor conducts constant monitoring. not always immediately aggressive treatment is required.

##### **2. Jarrohlik amaliyoti:**

- **Radical prostatectomy** is the complete removal of the prostate gland.
- In surgery, laparoscopic or robot-assisted surgical techniques are also used.

##### **3. Radiotherapy:**

- **External Radiation Therapy**
- **Brachytherapy** is the placement of special radioactive capsules into the tumor.

##### **4. Gormonotherapy:**

It affects the tumor by stopping the production of testosterone. This method slows down the course of the disease.

##### **5. Chemotherapy:**

It is used mainly in advanced stages or when other methods do not affect.

##### **6. Immunotherapy and modern approaches:**

In some cases, treatment with drugs that activate the body's immune system is also used. Individual approaches based on genetic research are also evolving. With early diagnosis and proper treatment of prostate cancer, patients can save lives and improve their quality. This is why regular screenings are so important.

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## O'pka saratoni

### Causes and risk factors for the disease

Lung cancer is the cancer that causes the most deaths among men worldwide. The main causes of this disease include:

- **Smoking** is the biggest risk factor for lung cancer. Smoking causes an accumulation of harmful substances in the lungs. Passive smoking also carries risks.
- **Environmental environment and hazardous industries** – Exposure to air pollution, asbestos, radon and other harmful gases.
- **Hereditary predisposition** – If a family member has lung cancer, you are more likely to develop the disease.
- **Chronic Lung Disease** – Chronic bronchitis, fibrosis, and other long-term lung diseases increase the risk.
- **Radiation exposure** – High doses of radiation are also a risk factor.

### Clinical signs and diagnosis

Lung cancer often goes without symptoms in the early stages. With the development of the disease, the following symptoms may occur:

- Persistent cough (specifically, dry cough that does not wet)
- Bleeding when coughing
- shortness of breath
- Pain in the chest area
- Weakness, weight loss, general fatigue
- Suffocating or changing the voice
- Accumulation of water (pleural cavity)

### Methods of diagnosis:

1. **X-ray examination** – for preliminary examination.
2. **Computed tomography (CT)** is one of the most reliable methods for detecting lung tumors.
3. **Bronchoscopy** – examination of the inside of the lungs using a special instrument and taking a biopsy.
4. Biopsy – histological examination of tissue samples from the tumor.
5. **PET-CT** – for the detection of metastases.
6. **Blood tests and tumor markers** - as an adjunctive method.

### Treatment methods and prevention

Treatment for lung cancer depends on the type of disease (small cell or non-small cell), stage, and the general condition of the patient. The main treatment methods:

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1. **Jarrohlik amaliyoti:**

- Removal of part or part of the lung fragment (lobectomy, pneumonectomy)
- Effective method in the early stages.

2. **Radiotherapy:**

- Destroy local tumors by irradiation.
- It is used in cases where surgery is not possible.

3. **Chemotherapy:**

- It is the primary treatment for advanced stage lung cancer.
- It is more used in small cell lung cancer.

4. **Ma'qsadli therapy (Target therapy):**

- Special drugs that halt the growth of tumors.
- EGFR is used in patients with ALK mutations.

5. **Immunotherapy:**

- It helps destroy the tumor by activating the body's immune system.
- One of modern methods of treatment.

**Prevention:**

- Smoking cessation is the main method of prevention
- Environmental improvement and protection measures in case of hazardous industries
- Timely treatment of chronic lung disease
- Regular medical examinations and screening

**Conclusion**

**Importance of early diagnosis and treatment**

Prostate and lung cancer are diseases that pose a serious threat to men's health. These diseases are diagnosed late in many patients because they often go without symptoms in the early stages. Therefore, early **detection** and **regular preventive examinations** in men's oncology are vital. In particular, men over 40 years should have regular breast X-rays of the prostate gland, once a year.

With the help of the available diagnostic and treatment technologies in modern medicine, the possibility of early detection and effective treatment of these diseases is increasing. New methods such as chemotherapy, radiotherapy, targeted therapy, and immunotherapy play an important role in reducing mortality rates.

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### Healthy lifestyle and the role of prevention

A healthy lifestyle is one of the key factors in the prevention of male oncology. The risk of lung and prostate cancer can be reduced by quitting smoking, eating a healthy diet, physical activity, and managing stress. In addition, there is a need to expand cancer awareness and early screening and counseling services in the health system.

### The need for the development of men's oncology in the future

For further development of male oncology in the future, it is required:

- Widespread introduction of early diagnostic technologies
- Improvement of modern methods of treatment
- Expansion of national cancer screening programs
- Men's Health Prevention and Widespread Promotion of Healthy Lifestyles
- Professional development and training of healthcare professionals in new methods

The launch of psychological and social support services also plays an important role in men's oncology.

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