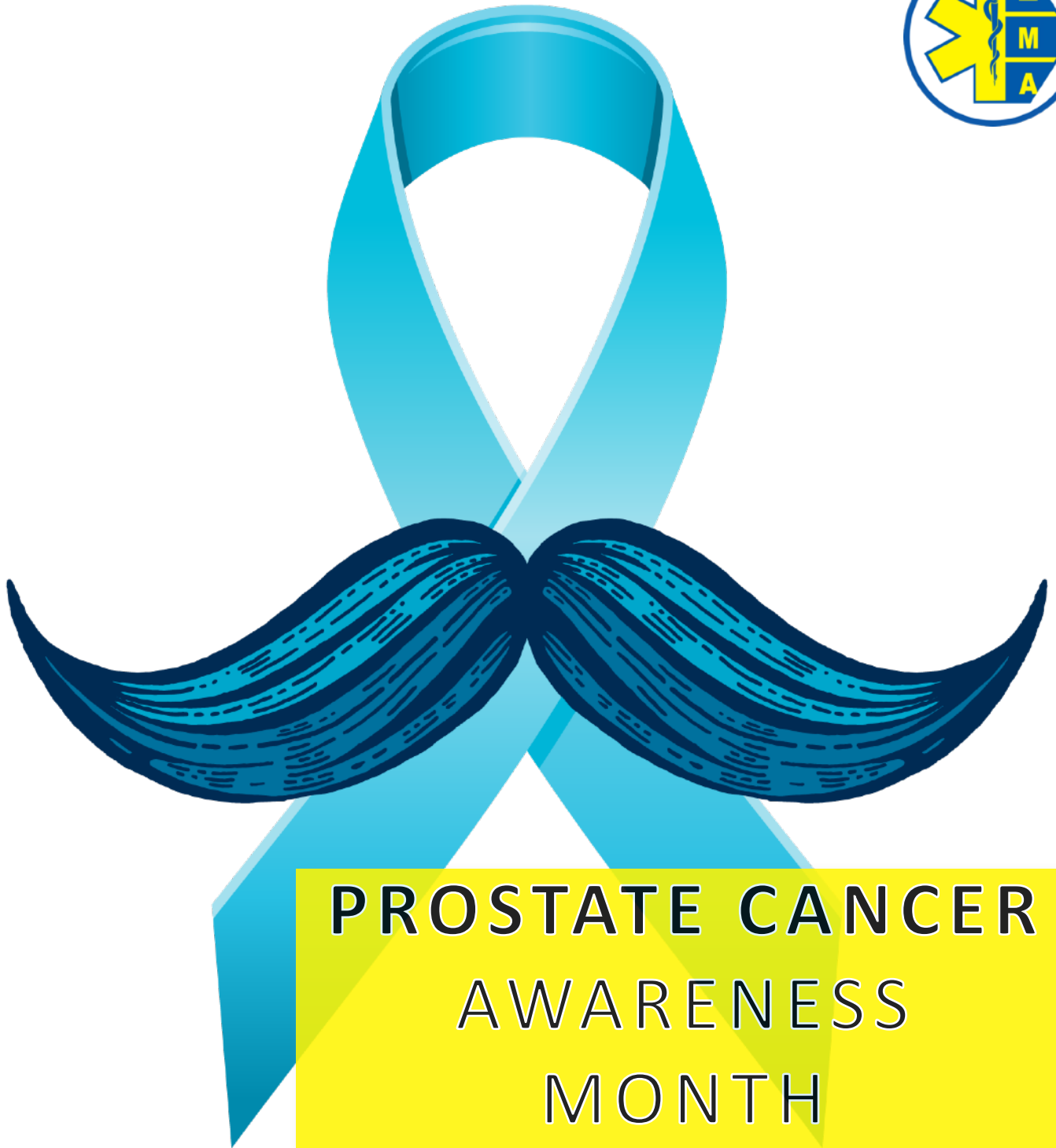


# OSHMed Health Magazine

by



## PROSTATE CANCER AWARENESS MONTH

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## Prostate cancer: symptoms, diagnosis, therapy

*Cancer of the prostate gland occurs primarily in older people. More information about the chances of recovery from prostate cancer, its signs, early detection and treatment.*

### Prostate cancer - briefly explained

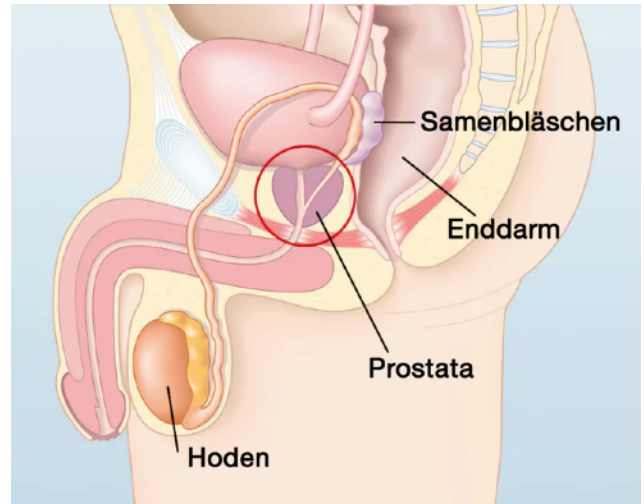
Compared to other types of cancer, prostate cancer often grows rather slowly. Sometimes no therapy is necessary at all, but you can wait and see how the tumor develops under close medical supervision. Treatment options include surgery, radiation therapy and medication. Focal therapies are being tested. In some cases the procedures are combined. In the case of secondary tumors, chemotherapy may also be useful. The patient's age and health status as well as the spread and malignancy of the tumor play an important role in selecting the appropriate therapy.

### What is prostate cancer?

Prostate cancer (prostate cancer) is a malignant tumor of the prostate gland (prostate) in men. Its often slow growth distinguishes it from other malignant tumors. Prostate cancer is the most common cancer among men in Germany, with more than 60,000 new cases every year.

Cancer of the prostate gland is rare before the age of 50. If your father,

brother, uncle or grandfather developed prostate cancer at a young age, early detection tests are advisable earlier than the usual age of 45, for example at 35.



The prostate (circled in red) surrounds the urethra in a ring directly below the bladder outlet. Behind the prostate lies the rectum, from where the doctor feels the prostate with his finger as part of early detection.

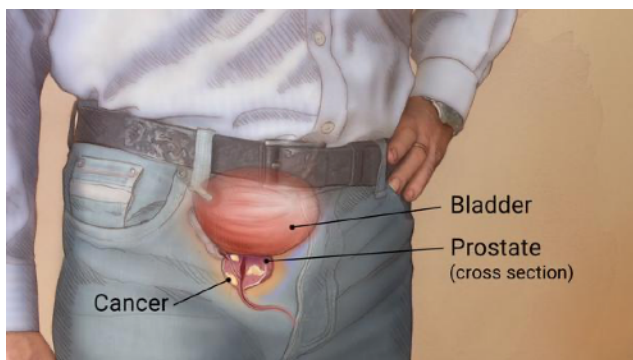
The prostate is one of the male reproductive organs. Part of the seminal fluid is created in it, and another part is formed by the two seminal vesicles (purple), which lie on the outside of the prostate. A large part of the male sex hormone testosterone, which controls the growth and function of the prostate, is produced in the testes.

The tumor initially spreads within the prostate. However, as growth progresses, it can break through the connective tissue capsule that surrounds the organ and grow into neighboring tissue. This

can then affect the seminal vesicles, urinary bladder and rectum.

### Where do prostate cancer metastases form?

As the duration of the disease increases, the likelihood that cancer cells will spread throughout the body via lymphatic or blood vessels and form secondary tumors (metastases) increases. These can be located, for example, in the lymph nodes of the pelvis, but also in other organ systems of the body. By far the most commonly affected bones are the spine (spine, ribs and pelvic bones). But metastases can also occur in the liver and lungs.



### How long can you live with prostate cancer?

This depends, among other things, on how advanced the tumor is. Almost all men survive prostate cancer if it is detected so early that it is still limited to the prostate gland. The number of (diagnosed) new cases of prostate cancer has been increasing for several decades, without any increase in mortality. The relative 5-year survival rate – a measure

of the probability of survival of treated prostate cancer patients – has now increased to around 93 percent.

A clear distinction from prostate cancer is the benign enlargement of the prostate gland (benign prostatic hyperplasia, BPH), which can primarily cause problems with urination, but is always limited to the prostate.

### Signs of prostate cancer

The problem: There are no typical symptoms that indicate prostate cancer early and clearly. In most cases, prostate cancer arises in the outer gland zone. The result: narrowing of the internal urethra and problems with urination usually only occurs when the tumor is already large and has spread throughout the entire organ. It is therefore particularly important that men take advantage of the early detection examinations that are offered.

Warning signs of a late, often very advanced stage can be, for example:

- Difficulty urinating
- Blood in the urine or semen
- Pain during ejaculation, in the back, pelvis or hip area
- Erectile dysfunction

> If such symptoms occur, consult your family doctor or urologist immediately. Only doctors can decide whether the symptoms described are harmless or whether they require further investigation.

## Early detection of prostate cancer

The aim of early detection measures is to make the diagnosis in a timely manner. Namely, at a time when a growing tumor does not yet cause any symptoms, it is still small and, above all, localized. This is when the chances of treatment and therefore recovery are greatest.

Specialists in urology recommend that all men over 40 have their prostate examined once a year. This is also what the current guidelines of the Society for Urology provide.

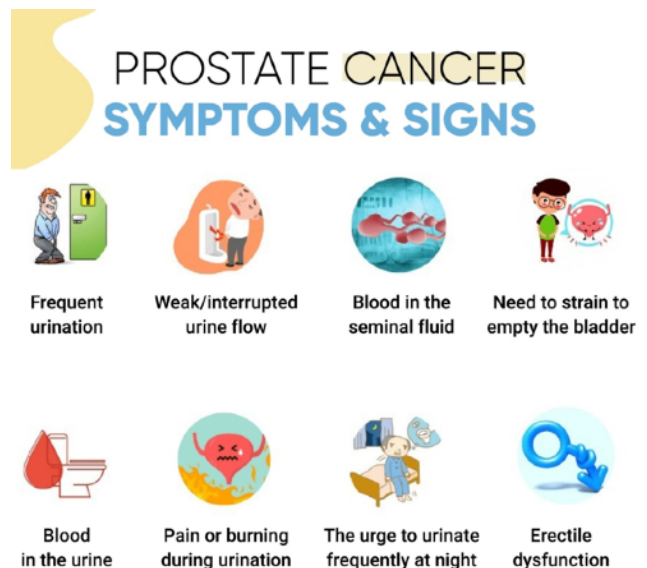
## Tactile examination of the prostate

The early detection examination includes the palpation of the prostate gland. The doctor also examines the external genital organs, feels the lymph nodes in the groin and asks about the patient's medical history and possible complaints. He then examines the prostate with his finger over the rectum (digital rectal examination). Prostate cancer most often occurs in the part of the gland that faces the rectum. The doctor looks for irregularities and hardenings that suggest carcinoma. However, not all prostate cancer can be diagnosed in this way. Small tumors in particular are sometimes not noticeable on palpation.

## PSA test

For the so-called PSA test, a laboratory test that is also carried out if prostate cancer is suspected.

PSA is a protein that is produced by the gland cells of the prostate. Small amounts of PSA also pass into the blood. The doctor takes blood from the man, which is examined in the laboratory. The normal PSA level in healthy men ranges from zero to two and a half billionths of a gram (nanogram, ng) per milliliter (ml) of blood. In the case of prostate cancer, the PSA concentration in the blood is usually increased.



## diagnosis

If cancer of the prostate gland is suspected, the doctor will first examine the prostate via the rectum, as in the early detection examination (digital rectal examination). Under no circumstances should blood be taken immediately afterwards to determine the PSA value, but either before the palpation test or at a separate appointment.

If there is a reasonable suspicion of prostate cancer, ultimately only a tissue

sample (biopsy) can confirm this fear or rule out the diagnosis of cancer with a high degree of probability.

If prostate cancer is actually present, the doctors will next use various additional diagnostic measures to determine what size the tumor has already reached and where it may have already spread. They also try to estimate how malignant the tumor is.

As with all types of tumors, early detection is important in order to carry out timely treatment.

If you have any further questions, please contact the Cancer Association of Namibia: [www.can.org.na](http://www.can.org.na)



# November

## Prostate Cancer Awareness Month



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## The Underestimated Power of Good Housekeeping Training

*Good housekeeping training plays a critical role in minimizing material handling incidents, boosting morale, and cultivating a healthier environment for all.*

Forklift certifications and hazard communication training often top the checklist of required trainings for material handling employees. Chances are good that most also receive training on fall prevention, the use of ladders, personal protective equipment, and the safe use of sharp tools.

Too often, good housekeeping isn't addressed during onboarding or even in refresher trainings. It's also commonly overlooked or gets pushed aside in favor of other trainings that are required or take a higher priority within the organization.



Let's face it: for most people, cleaning up has been a dreaded chore since

childhood, regardless of the attempts by many children's television shows to serenade viewers with clever songs to make clean up just as much fun as playtime. In the workplace, there usually aren't cleanup songs, and it can be very easy to let a mess accumulate when production goals or other deadlines need to be met.

Introducing good housekeeping as an independent program and conducting a separate training for it adds one more thing to schedules and can sometimes be viewed by employees as a punishment. Incorporating it into other trainings makes it a component of those already existing programs.

Keeping workplaces tidy does more than provide a morale boost. It also helps to reduce risk by eliminating hazards that are caused by clutter and unorganized spaces.

### Ergonomics

Stocking shelves, packing boxes and filling trailers are just a few of the tasks that keep material handlers in nearly constant motion. It's also a primary reason why sprains and strains are the number one cause of lost worktime injuries each year.

While incorrect lifting and awkward motions are the leading reasons for injury, lack of housekeeping is commonly a contributing factor. Empty boxes left in aisles create tripping hazards. Loose



packing materials such as shrink wrap and banding are slippery and can get tangled between employees' feet. Left unchecked, these wastes increase the risk of slips, trips and falls that cause soft tissue injury, lacerations, concussions and broken bones.

Good housekeeping is sometimes as simple as having an adequate number of recycling bins located in areas where packaging waste is created. This allows operators to quickly and conveniently pick up shrink wrap, banding straps and other packing materials as they are generated and put them in a pre-designated area.

Where a procedure already exists, review it and add steps to help ensure that wastes are not abandoned. For example, add a step that instructs employees to break down a box after emptying it and take it to the cardboard recycling area before beginning another task.

### **Slips, Trips and Falls**

Only slightly behind sprains and strains; slips, trips and falls to the same level are the second leading cause of lost worktime injuries. While many people anticipate icy patches on sidewalks during winter months or water on the floor in a production area, warehouses are generally thought of as dry places.

This can cause employees to let their guard down. However, wet weather

seeps in at dock doors, and sometimes containers leak, creating spills in and around aisles. When water accumulates at the dock and spills are left to spread, the risk of injuries increases.



Slips, Trips, and Falls

These risks can be anticipated in warehouses and in every other area of a facility. However, because they don't happen every day, even when plans and procedures are in place, and even if employees have been trained to clean them up promptly, cleanup may not be a common part of the daily routine.

Stocking response supplies increases the likelihood of employees responding quickly. This can be as simple as having paper towels or absorbents at the end of aisles or between dock doors. Consider containers and signage that make them visible from a distance to help everyone locate them quickly. Post cleanup instructions with the supplies as well as information about where to put spent materials and phone numbers to call for assistance in cleaning up chemical spills.

Same-level fall awareness can be included with fall-from-height training. Incidental spill cleanup is a good fit for





inclusion with hazard communication training. Including spill cleanup as part of other trainings also helps to reinforce it as part of a process and not just another thing that needs to be done.

### Fire Hazards

A retail chain store has been in the news multiple times throughout the past three years for repeatedly violating OSHA's requirements for good housekeeping and maintaining fire exit routes in their stores. Storing packages in aisles, failing to remove empty boxes and unstable stacking are among the citations issued at several of their locations.



Storage space is a precious commodity in most workplaces. It can be easy to rationalize putting things in aisleways or over-stacking pallets and racks for just a few minutes, especially while a truck is being unloaded.

Although warehouses and material storage areas at facilities do have more space and are not identical to smaller storage areas in retail stores, lessons can be applied to larger spaces. Not only do

clutter and overcrowding create physical hazards for employees, they also create several fire hazards.

Piles that accumulate on floors can be initiated by an errant spark. Stacking products or supplies on top shelves that are too close to lighting and sprinkler heads can also be hazardous.

Having a plan that details where every item – from raw materials to finished products – is to be stored and having a procedure that includes immediately storing items in their designated spaces can help to eliminate hazards. Establishing designated temporary storage areas that are out of walkways is another alternative.

### Falling Object Prevention

Unstable packages and containers that are stored in racking systems can shift and fall. This makes anyone under or around them vulnerable to injury.

Some of the most common problems are failing to shrink-wrap full pallets before putting them in racking systems; failing to repackage damaged boxes, creating an unstable base when stacking; and pushing boxes or products into a rack or shelf that already has something in the space.

Including awareness of these common issues during forklift certification training helps operators to be more mindful



when stocking products. When employees pull items from boxes to fill orders, keeping less-than-full boxes at ground level and establishing processes for refilling the areas where items are pulled also helps to minimize these dangers.

### **Pest Control**

When items are left on floors, they create a cozy spot for insects and small animals to nest. This can be especially problematic during winter months.

The good news is that housekeeping measures that are incorporated to minimize other hazards, such as fire or ergonomics, will help control pest harborage.

### **Mental Health**

In addition to the hazards already mentioned, clutter and disorganization create unnecessary stress. They can also increase the time that it takes to find products or complete orders, which can add an additional layer of stress.

When material handling areas are maintained in a clean condition, operators are better able to focus on the task at hand with fewer distractions. Incorporating good housekeeping measures into trainings and routine procedures reduces risks, prevents injuries and helps to promote a healthier workplace.



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(CC/2016/09040)

## Advanced care specialists

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