

**EXCLUSIVE REPORT FROM SYRIA  
RUMBLE AND RAGE OF A REVOLUTION**

JOURNALISM WITH A HUMAN TOUCH

www.theweek.in

TheWeekMag

TheWeekLive

₹ 80

**THE WEEK BEST  
HOSPITALS AWARDS**  
THE PURSUIT OF  
QUALITY

**WILLIAM DALRYMPLE**  
HOW ANCIENT INDIA  
WOODED THE WORLD

DECEMBER 22, 2024

**THE WEEK**



# MAKING OF AN ASTRONAUT

Challenges of living in  
space

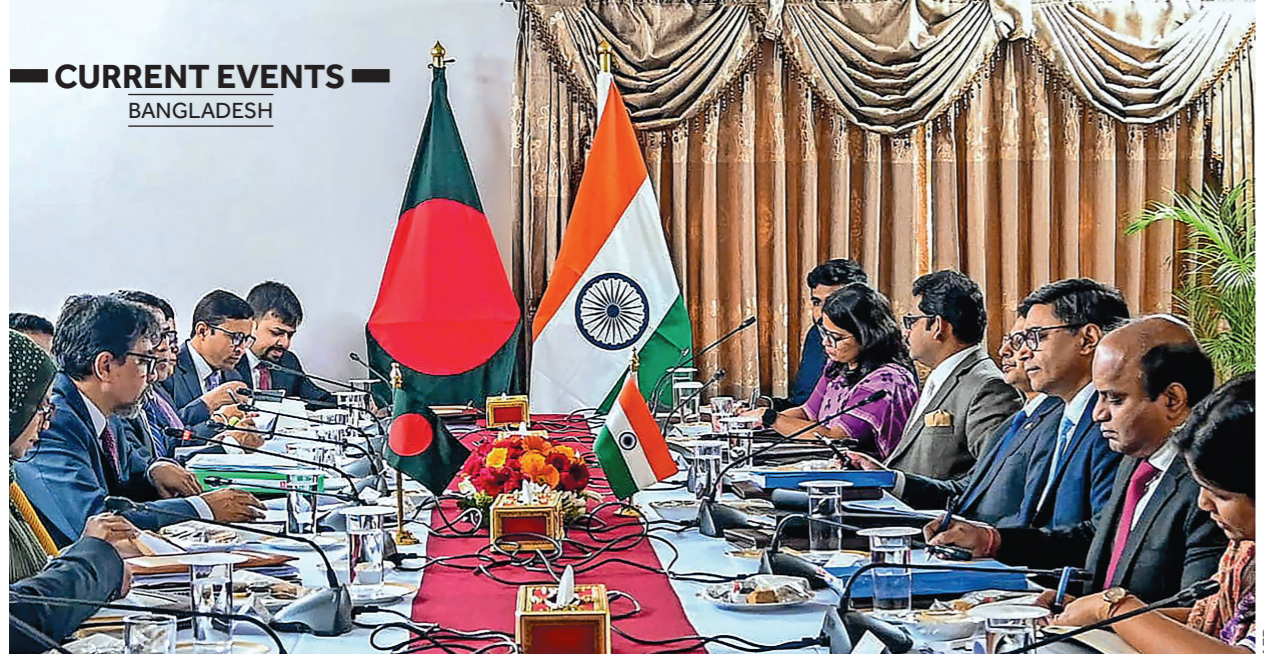
Smartly packaged home  
comforts

The complicated return  
journey



9 770875 227702





**TOUGH MISSION**  
Indian Foreign Secretary Vikram Misri (third from right) during talks with his Bangladeshi counterpart Mohammad Jashim Uddin (second from left) and other delegates in Dhaka

ported the Awami League government led by Sheikh Hasina,” he said in an interview with the PTI. Local media reports say out of the 1,068 Hindu houses and shops that were attacked, 506 belonged to Awami League members.

Yunus visited the Dhakeswari National Temple in old Dhaka and assured the devotees that the constitution of the country guaranteed equal rights to followers of all religions. “This country belongs to all of us,” he said in his message to mark the Durga Puja, the biggest festival of Bengali Hindus, in October.

Not long after the peaceful celebration of the puja, tension gripped the southern city of Chattogram where followers of the saffron-clad Chinmoy Krishna Das, a Hindu monk, made headlines after rallies and clashes with security forces. Chinmoy, a former member of the International Society for Krishna Consciousness (ISKCON), rose to prominence after he launched a campaign for the rights of Hindus and trial of the perpetrators of the anti-Hindu attackers. His arrest on November 25 on sedition charges

led to clashes between his diehard followers and security forces.

Bangladeshis take pride in being a nation of communal harmony and many of them see the recent attacks on the minorities as a transient phenomenon rather than a pattern of persecution. They would remind the critics that Hindus were attacked even during Hasina’s regime. As many as 3,679 attacks on the Hindu community took place between January 2013 and September 2021, according to the data compiled by the rights group Ain o Salish Kendra.

Many Bangladeshis also question the motive behind India’s concern over the treatment of Hindus. “Where was their reaction when the Hindu community was regularly attacked during Sheikh Hasina’s regime? Did they attack the High Commission of Bangladesh in India then as they recently did in Agartala?” asked writer Kollol Mustafa in an article in *The Daily Star* newspaper.

The relation between Dhaka and New Delhi, trumpeted as a role model for neighbours during Hasina’s 15-year rule, nosedived after her fall. The public anger against Hasina is now being channelled against India for New Delhi’s support to her even after her downfall.

With a history of political up-

heavals, including many years of military rule, Bangladesh once again stands at the crossroads. The interim government has promised to hold general election after completing some vital reforms in the electoral process, constitution, police and the administration. There is no definite word about when the election will take place, but at a meeting with the 17 European envoys, Yunus hinted at an announcement regarding polls and reforms this month. The BNP, eager to return to power after 18 long years, is making cautious steps balancing the anti-India passion and insisting on maintaining good relations with India. The party, long persecuted under the Hasina regime, has opposed the idea of banning the Awami League.

Meanwhile, from her safe house in Delhi, Hasina is trying to create a political space with occasional social media posts and online meetings with party activists in the US and the UK. But her party remains in disarray.

Currently, Bangladesh is a country with many uncertainties. What is certain is that the treatment of minorities will continue to stir its politics and shape its future ties with India.

Farid Hossain is a senior journalist in Bangladesh.

## Things to Know About Prostate Cancer: Awareness, Risk Factors, and Advances in Treatment

### Introduction

Prostate cancer is one of the most common cancers in men worldwide. While it often progresses slowly, early detection is critical for successful treatment. This article explores essential facts about prostate cancer, including risk factors, symptoms, screening guidelines, treatment options, and the latest advancements.

### 1. What is Prostate Cancer?

Prostate cancer begins in the prostate, a small gland located just below the bladder in men. The prostate produces seminal fluid, which nourishes and transports sperm. Prostate cancer typically grows slowly, but certain types can be aggressive and spread quickly.

### 2. Key Risk Factors

- **Age:** The risk of prostate cancer increases significantly after age 50.
- **Family History:** A family history of prostate cancer, especially in a father, brother, or son, increases the risk.
- **Genetic Factors:** Mutations in genes like BRCA1 and BRCA2 may increase prostate cancer risk.
- **Ethnicity:** African American men have a higher risk of developing prostate cancer and are more likely to experience aggressive forms of the disease.
- **Lifestyle Factors:** Obesity, high-fat diets, and smoking may increase risk, though studies show varying results<sup>1</sup>.

### 3. Symptoms to Watch For

- Early prostate cancer often has no symptoms. However, as the cancer progresses, symptoms can include<sup>2</sup>:
- Frequent urination, especially at night
- Difficulty starting or stopping urination
- Weak or interrupted urine flow
- Blood in the urine or semen
- Persistent pain in the lower back, hips, or thighs

If you experience any of these symptoms, it's essential to consult a healthcare provider.

### 4. Screening and Diagnosis

- **PSA Test:** Prostate-Specific Antigen (PSA) blood test measures PSA levels, with higher levels potentially indicating prostate cancer.
- **Digital Rectal Exam (DRE):** A physical examination in which a

doctor feels the prostate for abnormalities.

- **MRI and Biopsy:** If screening tests indicate a high risk, further imaging (such as MRI) and a biopsy may be recommended to confirm a diagnosis<sup>3</sup>.

### 5. Treatment Options

- **Active Surveillance:** For low-risk cases, doctors may recommend regular monitoring rather than immediate treatment.
- **Surgery:** Robotic-assisted prostatectomy has become an increasingly popular option for removing the prostate gland in localized cancer. This minimally invasive technique uses robotic technology to help surgeons perform precise movements with small instruments, resulting in less pain, reduced blood loss, quicker recovery, and often better preservation of urinary and sexual function compared to traditional surgery.
- **Radiation Therapy:** External beam radiation or brachytherapy (placing radioactive seeds inside the prostate) may be used.
- **Hormone Therapy:** This approach reduces testosterone levels to slow cancer growth, often used in advanced cases.
- **Chemotherapy and Immunotherapy:** For more advanced stages, these therapies can help control cancer's spread.
- **Targeted Therapy:** Some treatments target specific genetic mutations, particularly beneficial for patients with hereditary mutations<sup>3</sup>.

### 6. Advances in Treatment

- Recent innovations are improving outcomes and quality of life for patients with prostate cancer:
- **PSMA PET Imaging:** This technology enhances detection of metastatic prostate cancer cells.
- **PARP Inhibitors:** These targeted drugs are particularly effective for cancers with BRCA mutations.
- **Immunotherapy:** New immunotherapies are being tested for advanced and recurrent cases<sup>3</sup>.

### 7. Preventive Measures and Healthy Lifestyle Choices

- While not all cases of prostate cancer



**Dr. Rajesh Taneja**  
MBBS, MS (General Surgery),  
MCh Urology  
Delhi

can be prevented, healthy lifestyle choices may reduce the risk. Maintaining a balanced diet rich in vegetables, regular exercise, and avoiding smoking can support prostate health<sup>4</sup>.

### Conclusion

Understanding prostate cancer, recognizing symptoms, and staying informed about the latest screening and treatment options empower men and their families to make informed health decisions. Regular screenings, particularly for those with risk factors, play a vital role in catching this disease early, leading to better outcomes and survival rates.

### References:

- 1) Zhu Y, Mo M, Wei Y, Wu J, Pan J, Freedland SJ, Zheng Y, Ye D. Epidemiology and genomics of prostate cancer in Asian men. *Nature Reviews Urology*. 2021 May;18(5):282-301.
- 2) Bergengren O, Pekala KR, Matsoukas K, Fainberg J, Mungovan SF, Bratt O, Bray F, Brawley O, Luckenbaugh AN, Mucci L, Morgan TM. 2022 update on prostate cancer epidemiology and risk factors—a systematic review. *European urology*. 2023 Aug 1;84(2):191-206.
- 3) Schaeffer EM, Srinivas S, Adra N, An Y, Bitting R, Chapin B, Cheng HH, D'Amico AV, Desai N, Dorff T, Eastham JA. *NCCN Guidelines® Insights: Prostate Cancer, Version 3.2024: Featured Updates to the NCCN Guidelines. Journal of the National Comprehensive Cancer Network*. 2024 Apr 6;22(3):140-50.
- 4) Obeagu EI. Prevention and Early detection of Prostate Cancer. *Int. J. Curr. Res. Med. Sci*. 2023;9(7):20-4.

Approval ID: IN-15449 Approval Date: 25/11/2024 Expiry Date: 21/11/2026

Disclaimer: This article is for general awareness of the people and should not be construed as treatment advice. Please consult your doctor in case you have any symptoms or require further information/clarification. This public awareness initiative is supported by AstraZeneca Pharma India Limited.