



Prostate Cancer

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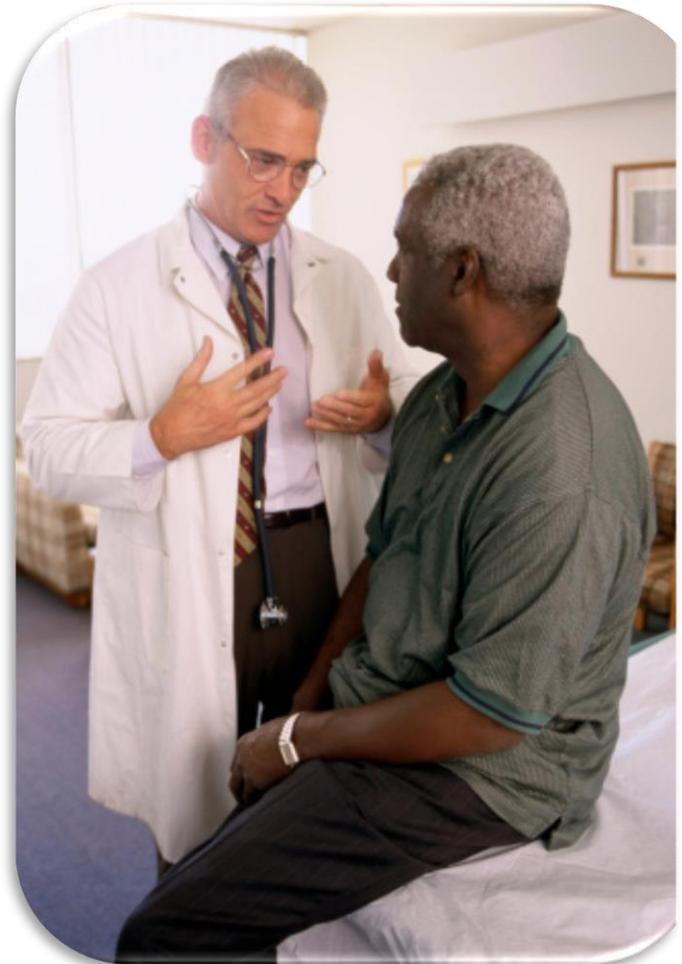
Prostate Cancer

About 1 in 7 men will be diagnosed with prostate cancer in his lifetime. You probably know someone with prostate cancer or who has been treated for it. While these are startling statistics, there is something that you can do.

This presentation will discuss the following aspects of this disease:

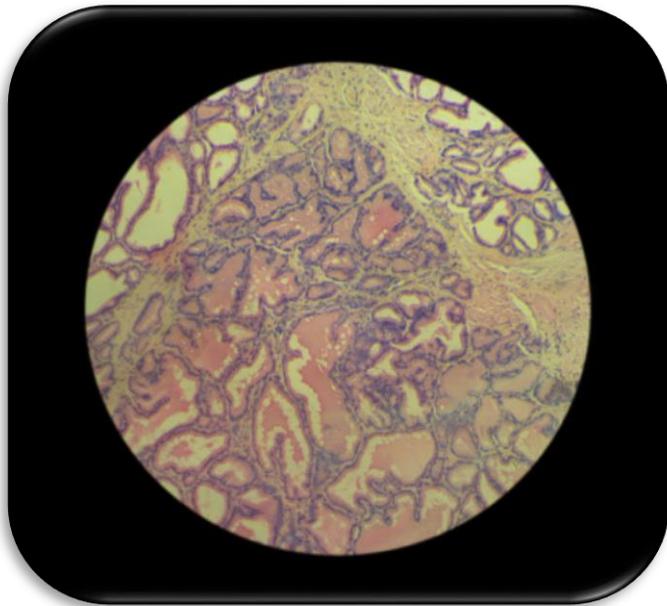
- What is Prostate Cancer
- Risk Factors
- Prevention
- Early Detection
- Treatment

Manage Your Health!



What is Prostate Cancer?

- The prostate is a walnut-size gland in the male reproductive system.
- When prostate cells grow in an uncontrolled manner, that is usually cancer.
- There are several types of cells in the prostate, but nearly all prostate cancers start in the gland cells.
- Some prostate cancers can grow and spread quickly, but most of the time, prostate cancer grows slowly.



Early prostate cancer usually causes no symptoms. But more advanced prostate cancers can sometimes cause symptoms, such as:

- Problems passing urine, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine
- Trouble getting an erection (erectile dysfunction)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

Risk Factors

Like most diseases, there are controllable and uncontrollable risk factors for prostate cancer.



Uncontrollable – Not Within Your Power to Change

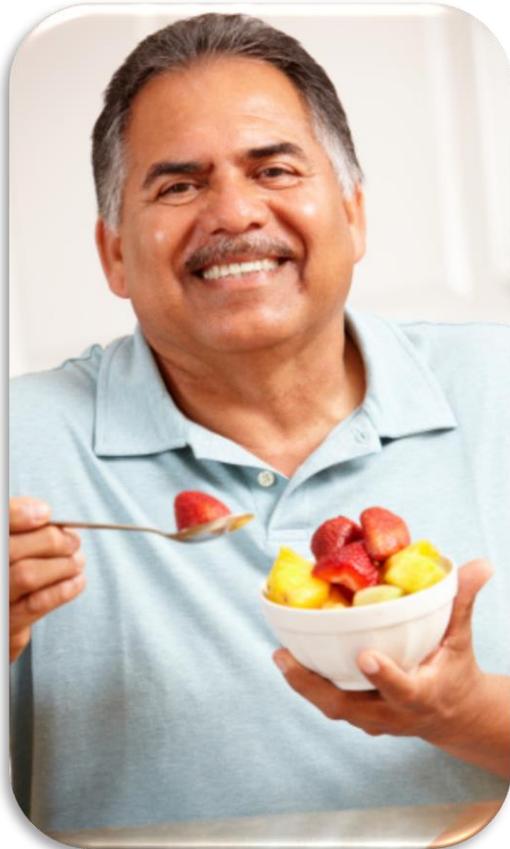
- **Age** – Prostate cancer is more common in older men (65+).
- **Race/Ethnicity** – Black men get prostate cancer more often than any other race. They are also more likely to die from it.
- **Family History** – A man with a father or brother diagnosed with prostate cancer is twice as likely to get it.

Controllable – Within Your Power to Affect

- **Diet** – Eating a lot of red meat or high-fat dairy products while eating fewer fruits and vegetables increases your risk.
- **Exercise** – Men who exercise regularly are less likely to get prostate cancer.

Prevention

There's no sure way to prevent prostate cancer. In general, doctors recommend that men with an average risk of prostate cancer make choices that benefit their overall health if they're interested in prostate cancer prevention.



Choose a Healthy Diet

- Choose a low-fat diet.
- Eat more fat from plants than from animals.
- Increase the amount of fruits and vegetables you eat each day.
- Eat fish to increase omega-3 intake.
- Reduce the amount of dairy products you eat each day.

Maintain a healthy weight

Exercise most days of the week

- Men who exercise regularly are less likely to get prostate cancer. Aim for 30 minutes of exercise most days of the week.

Talk to your doctor about your risk

- If you are at an increased risk, they can help you with your options.

Early Detection and Diagnosis

Prostate cancer is fairly common, but it is also very survivable if detected early.

- Prostate cancer can often be found early by
 - Testing the amount of prostate-specific antigen (PSA) in a man's blood
 - Performing a digital rectal exam (DRE). For this exam, the doctor puts a gloved finger into the rectum to feel the prostate gland
- If the results of either one of these tests are abnormal, further testing is needed to see if there is a cancer.
 - Transrectal ultrasound (TRUS)
 - Prostate biopsy
- If prostate cancer is found as a result of screening with the PSA test or DRE, it will probably be at an earlier, more treatable stage than if no screening were done.



Early detection methods are nearly painless and quite accurate.

GET TESTED!

At What Age to Consider Testing

Recommended ages to discuss testing with your doctor:

Risk Factors Present	Age
Have two or more close relatives who had prostate cancer before age 65	40
Black or have a father or brother who had prostate cancer before age 65	45
Minimal risk factors	50



Treatment

If you are diagnosed with prostate cancer, your doctor will discuss the best options to treat it. This depends on several factors, including:

- Your age and general health
- Stage and grade of cancer
- Whether the cancer has spread
- Side effects of treatment

Your treatment for prostate cancer will be customized to your particular needs. Treatment options may include:

- Surgery
- Radiation Therapy
- Hormone Therapy
- Chemotherapy
- Active Surveillance or Watchful Waiting



What Can You Do to Maintain Your Prostate Health?

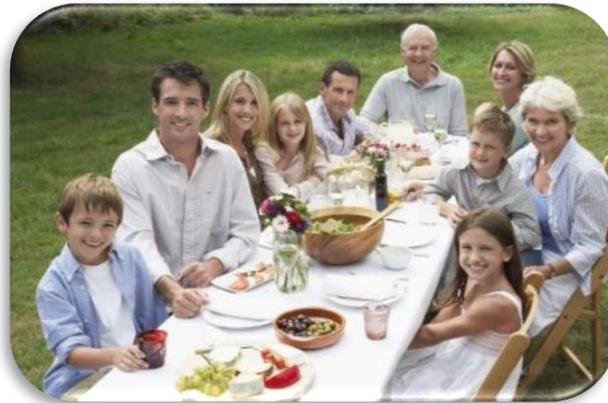
- **Know Your Risk Factors**
- **Practice Healthy Life Choices**
- **Get Tested... Now! Today!**

What or who is your reason for getting tested?



HEALTHY LIVING

It's in your control!
Be *Informed...Get Tested.*



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