



PROSTATE CANCER AWARENESS

~ **174,650**

new cases
of prostate cancer
each year

65+

mainly diagnosed
in men age 65 or older,
with the average age
of diagnosis at 66

#2

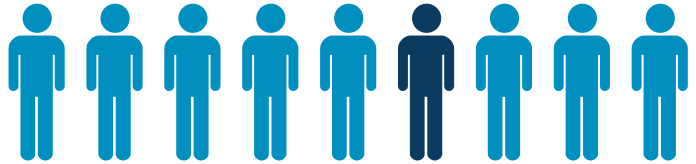
most common
cancer among
American men, other
than skin cancer

2nd

leading cause
of cancer death in
American men,
behind lung cancer

~ **1 in 9**

men will be diagnosed
with prostate cancer
during his lifetime



RISK FACTORS

AGE prostate cancer is rare in men younger than 40, but the chance of having it rises rapidly after age 50.

RACE prostate cancer occurs more often in African American and Caribbean men than in men of other races.

FAMILY HISTORY men with a father or brother diagnosed with prostate cancer are considered to be at a higher risk.

GEOGRAPHY prostate cancer is most common in North America, northwestern Europe, Australia, and on Caribbean islands, but less common in Asia, Africa, Central America, and South America. Reasons are not clear.

SYMPTOMS

Early-stage prostate cancer may have no signs or symptoms and is mainly found through screening.

- Frequent urination
- Weak or interrupted urine flow
- Urge to frequently urinate at night
- Blood in the urine or seminal fluid
- New onset of erectile dysfunction
- Discomfort or pain when sitting, caused by an enlarged prostate

More serious symptoms include:

- Unexpected weight loss
- Pain in the lower back or pelvic area
- Anemia
- Fatigue

TIPS TO STAY HEALTHY



Stay
Physically
Active



Eat
Proper
Diet



Maintain
Healthy
Weight



Avoid
Over-
Supplementation



Avoid
Smoking



Manage
Your
Stress



Seek Medical
Advice
(high cholesterol/
high blood pressure)

TESTING FOR PROSTATE CANCER

Prostate Cancer is the most common cancer among men, other than skin cancer, and all men are at risk. Screening is testing for cancer and may help identify signs of cancer before symptoms appear. Deciding to get screened for prostate cancer is a personal decision for a man and should be made after discussing with a doctor. Early detection tests to screen for prostate cancer include:

- **Prostate Specific Antigen (PSA) Screening** – measuring the PSA levels in a man's blood is the most common screening method for Prostate Cancer. PSA is a substance produced by the prostate and may signify prostate cancer if levels are elevated. This is usually the first step to help determine a diagnosis, but it does not definitively tell a doctor if the cancer itself is present.
- **Digital Rectal Exam (DRE)** – a test done by a doctor or nurse, where a gloved, lubricated finger is inserted into the rectum to estimate the size of the prostate and feel for lumps or abnormalities.

If the results from these early detection tests come back abnormal, a doctor may conduct additional tests to identify if prostate cancer is present. These tests include:

- **Transrectal Ultrasound (TRUS)** – often used as the next step after a man's PSA screening or DRE results come back abnormal. This test uses a small probe that is lubricated and placed in the rectum. It then emits sound waves that enter the prostate to create echoes which are digitally translated to produce a live video feed of the prostate. Echoes from a prostate tumor are sometimes registered differently than echoes from normal prostate tissue. The digital imaging also helps a doctor to estimate the size of the prostate to better understand PSA density.
- **Prostate Biopsy** – using the live feed from a TRUS as a guide, a doctor, usually a urologist, will insert a thin needle through the wall of the rectum to take tissue samples from different parts of the prostate to test for cancer.

If you have been diagnosed with prostate cancer, you are not alone. There are over 2.9 million men in the United States who have been diagnosed with prostate cancer and are still alive today. Talk to your doctor about what next steps may be appropriate for you.