



Prostate Cancer Awareness

What is Prostate Cancer

According to the Prostate Cancer Foundation, "Prostate Cancer is the most common diagnosed non-skin cancer" in men in the United States. Prostate Cancer develops from the growth of cancerous cells within the prostate gland.

Statistically Speaking

According to the American Foundation for Urologic Disease, an American man has a 10% to 15% chance of developing Prostate Cancer, regardless of family history. First-degree relatives of Prostate Cancer patients have double (or greater) risk over the general population. African-American men report a 61% higher incidence rate of Prostate Cancer than Caucasian men.

Prostate Cancer affects 50% of men over 50 years of age, and 70% of men over 70 years of age. In 2008, over 186,000 men will be diagnosed with Prostate Cancer. Environmental factors, such as smoking and a diet high in fat, may contribute to the development of this disease. Other possible causes being studied are hormonal changes and chromosomal abnormalities.



The Good News!

Prostate Cancer is very curable when detected at early stages. Most Prostate Cancer grows very slowly. **Early detection and prevention play a vital role** in protecting men against this cancer. Caught early enough there is a 90% or better cure rate for Prostate Cancer. Detection methods such as a Digital Rectum Exam and a Prostate Specific Antigen (PSA) blood test may be used to detect whether or not someone is at risk for Prostate Cancer. Family physicians or Urologists are able to provide these tests.

In addition to early detection methods, men are encouraged to become aware of the symptoms and warning signs associated with Prostate Cancer.

Warning Signs for Prostate Cancer

- Increased urination
- Painful or burning urination
- Hesitancy or dribbling of urine
- Difficulty in having an erection
- Blood in urine or semen
- Stiffness or pain located in the lower back.

Remember: Lack of information can be hazardous to your health!

Recommendations for Early Detection

The American Cancer Society (ACS) recommends that men (starting at age 50) have an annual digital exam and an annual Prostate Specific Antigen (PSA) blood test.

The American Urological Association recommends annual rectal exams for men beginning at age 40.

If you're African American or you have a father or brother who's been diagnosed with Prostate Cancer, the ACS recommends the blood test and exam begin at age 45.



Treatment

Treatments for Prostate Cancer can include surgery, radiation therapy, hormone deprivation and chemotherapy. Some doctors who may be included in providing treatment for Prostate Cancer are urologists, radiation oncologists and medical oncologists. Certain variables will affect which treatment is chosen specifically for the patient with Prostate Cancer (i.e., a patient's age). It is important for anyone who is diagnosed with Prostate Cancer to understand there are many physical and emotional challenges related to such a diagnosis.

Website for Resources:

Prostatecancerfoundation.org provides a comprehensive list of resources for men affected by Prostate Cancer. This list includes support groups, financial resources, publications, online Prostate Cancer articles/information and a glossary of terms.