

September is Prostate Cancer Awareness Month

What is Prostate Cancer?

Prostate Cancer is the second leading cause of cancer death in men. This disease occurs when cells of the prostate grow rapidly and out of control.

How is Prostate Cancer Detected?

Prostate Cancer risk or complications can be detected through a Digital Rectal Exam (DRE), performed by your clinician, or a Prostate Specific Antigen Bloodwork Test (PSA).

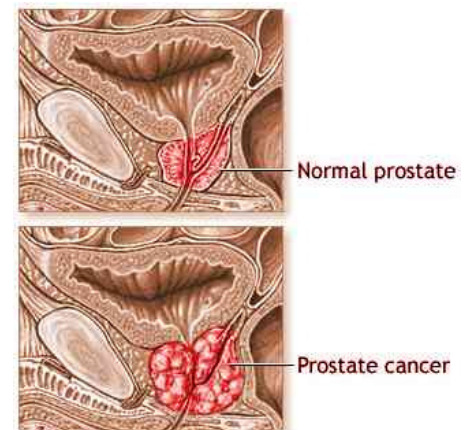
What are my odds of being diagnosed with Prostate Cancer?

According to **The American Cancer Society**, 1 in 6 men will be diagnosed with Prostate Cancer in their lifetime. One in 35 of these men will die of this disease. Estimates for 2009 suggest that 192,280 men will be diagnosed and 27,360 men will die because of this disease.

Did you know?

“A grandfather, father or son dies from prostate cancer every 20 minutes.”

-eRelease 2009



What are the risk factors for Prostate Cancer?

- ❖ Age is the strongest risk factor; men over the age of 65 are at the highest risk.
- ❖ A family history of Prostate Cancer.
- ❖ Being African-American; African Americans are also more likely to have more advanced disease at diagnosis.
- ❖ Eating a diet high in red meat and fat.

Prostate Cancer

Warning Signs

- Difficulty or discomfort urinating
- Frequent urge to urinate at night
- Burning or pain during urination
- Pain in the hips, thighs, or back
- Weak or interrupted urinary stream
- Presence of blood in urine or semen

Additional Information

- Additional tests may be required after a diagnosis of Prostate Cancer is made. These tests include MRIs and bone scans in order to determine the stage of the disease.
- Prostate Cancer is staged using the numbers 1-4. Four indicates more advanced disease with tumors located outside of the prostate.

Treatment of Prostate Cancer

- Surgery
- Chemotherapy
- Cryotherapy
- Hormonal Therapy
- Radiation



Visiting your healthcare provider

- Evaluate your risk factors as a part of your yearly physical exam
- Stay informed
- Ask questions



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