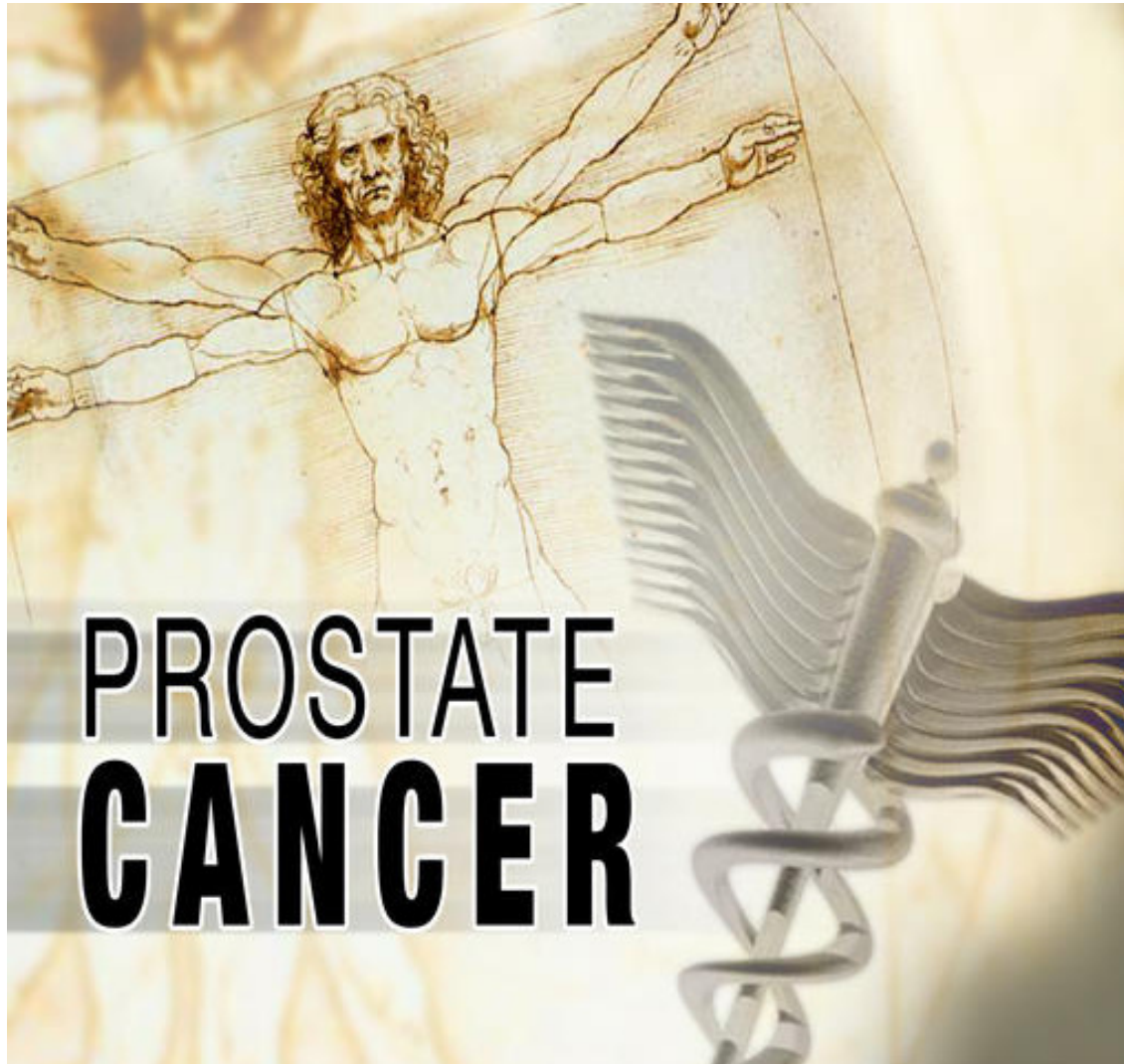


September 2009



Health & Wellness Information

healthstat

Source: The American Cancer Society, 2009

Prostate Cancer Facts

- **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.
- **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. 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

Risk Factors

- **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 Detection

Prostate Cancer risk or complications can be detected through a Digital Rectal Exam (DRE), performed by your clinician, or a Prostate-Specific Antigen Blood-work Test (PSA). Although the PSA test is not a definitive test for diagnosing cancer, it can indicate inflammation or enlargement of the prostate. This may lead to early detection.

Signs and Symptoms

- Notify your healthcare provider if you have:
 - 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

Be pro-active about your prostate health!

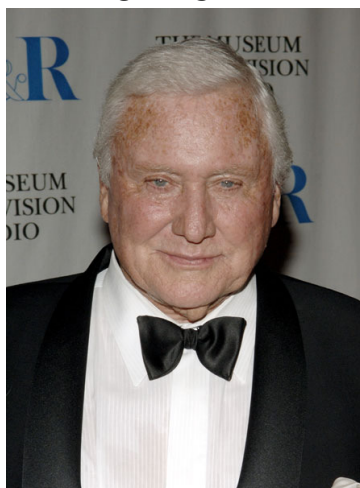
- Make sure and ask your healthcare provider about getting screened before it's too late. Below are a few familiar faces of those who have lost their lives to Prostate Cancer.

Earl Woods



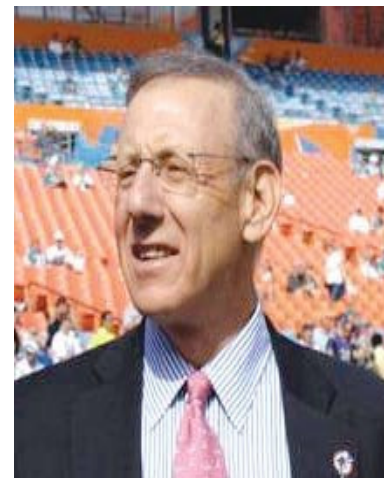
Tiger Woods' Father

Merv Griffin



Creator of Jeopardy and Wheel of Fortune!

Steve Ross



Former CEO of Time Warner Cable Co.