



# Your Health and Prostate Cancer

Quarterly Health Initiative

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## What is prostate cancer?

After skin cancer, prostate cancer is the most common cancer in American men. It affects 1 in 6 men! Nearly 75 men in America die of prostate cancer every day. The cancer is caused by cells growing abnormally in the prostate, a male sex gland that sits underneath the bladder, surrounding the urethra. Often there are no symptoms or signs of prostate cancer. However, after months or even years of having the disease, symptoms may occur and can include difficult, painful, or bloody urination and ejaculation and pain or stiffness in the lower back, pelvis, hips, or upper thighs.

## What all men should know:

### ALL MEN ARE AT SOME RISK OF PROSTATE CANCER!

*The following factors may increase your risk of prostate cancer:*

- A history of prostate cancer in your family
- Behaviors like daily or heavy alcoholic drinking, not exercising, and a poor diet
- A history of sexually transmitted diseases, particularly Trichomoniasis
- Being 50 or older - the chance for prostate cancer increases every year (70% of cases diagnosed are in men 65 or older but studies show men can develop it as early as in their 30s)
- African American men have the highest rates of prostate cancer in the world

### EARLY DETECTION MAY SAVE YOUR LIFE!

- Regardless of your age, if you have any of the above risk factors or symptoms, speak with your doctor. Prostate health screenings are recommended for most men starting at age 50 and at age 40 when there is a history or risk factors.
- The yearly blood test is called Prostate-Specific Antigen (PSA). This is a very simple and quick test.
- Nowadays a prostate cancer diagnosis does not have to mean an end to your independence, sexual life, or masculinity! Men with early-detected prostate cancer (and proper treatment) have nearly a 100% chance of being free from the disease after 5 years.
- You should also know about Benign Prostatic Hyperplasia (BPH) which may cause similar symptoms as prostate cancer, but it is not cancer. BPH is a common result of the prostate gland growing as a man ages. It is important to receive routine prostate screenings, even if you have been diagnosed with BPH before!
- If prostate cancer is ever diagnosed, you (and your spouse/partner) may feel emotions like anger, fear, anxiety, denial, depression and many others. Your doctor can guide you to get help to deal with these emotions.

### REDUCE YOUR RISK OF PROSTATE CANCER

- Get routine screens, especially if you have any risk factors or symptoms
- Exercise daily
- Eat healthy foods that include vegetables, fruits, whole grains, lean meats, fish and poultry
- Avoid drinking alcohol
- Get plenty of vitamin D
- Practice safe sex
- Keep learning about the disease

### ONLINE TOOLS

For more info, please visit:

- ▶ [www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)
- ▶ [www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate)
- ▶ [www.auafoundation.org](http://www.auafoundation.org)
- ▶ [www.sw-prostatecancer.com](http://www.sw-prostatecancer.com)
- ▶ [www.prostate-cancer-institute.com](http://www.prostate-cancer-institute.com)
- ▶ [www.zerocancer.org](http://www.zerocancer.org)

## Ask your behavioral health/medical provider:

- **HOW, WHEN & WHERE TO GET YOUR PROSTATE HEALTH SCREENING!**
- Options for counseling and support services for you and your spouse/partner, during and after treatment.



Division of  
Behavioral  
Health Services

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can be found online at:  
[www.azdhs.gov/bhs/qhi/](http://www.azdhs.gov/bhs/qhi/)