

Prostate Cancer

218,000 American men were estimated to be diagnosed with prostate cancer in 2007. About 70 percent of all diagnosed prostate cancers are found in men older than 65.

PREVENTION

- Lead a healthy lifestyle and talk to your health care professional about screening.
- Don't smoke.
- Exercise regularly.
- Eat a diet low in fat and high in fruits, vegetables and whole grains.

AT RISK—MEN WHO

- Are African-American – African-American men are at greater risk
- Are over age 50
- Have a family history of prostate cancer

SYMPTOMS

In the early stages, there are usually no symptoms. Some men experience the following symptoms:

- Frequent urination, especially at night
- Trouble starting or stopping urine flow
- Weak or interrupted urine flow
- Inability to urinate
- Pain or burning sensation while urinating
- Blood in the urine
- Constant pain in lower back, pelvis or upper thighs

EARLY DETECTION

Beginning at age 50, men at average risk should have these tests annually:

- PSA (Prostate-Specific Antigen) blood test
- DRE (Digital Rectal Examination)
- African-American men and men at higher risk because of a family history may need to be tested earlier.

TREATMENT

Treatment options vary, depending on age, stage of the cancer and patient's medical condition.

- Careful monitoring is used in older patients with early stages of the disease.
- Surgery and radiation are used to treat early stages of prostate cancer.
- Chemotherapy, hormone therapy and/or radiation may be used individually or in combination for patients with later stages of the disease.