



RISK FACTORS

- » Most cases are in men older than 50
- » 75% are men over 65
- » African-American men are twice as likely as Caucasian men to develop and die from prostate cancer
- » One or more close relatives with prostate cancer



SIGNS/SYMPTOMS

- » Blood in semen
- » Weakening of the urinary tract
- » Urinate more often
- » Impotence
- » Pain in pelvic area



PREVENTION

- » **Screenings** – Speak with your doctor about whether a screening is right for you.
- » Digital Rectal Exam
- » Blood Draw PSA Exam



Prostate Cancer

What is the prostate?

Function

- Gland producing fluid that protects and enriches sperm

Location

- Immediately below the bladder, in front of the bowels.
- The prostate is doughnut shaped and surrounds the urethra, the tube that carries urine from the bladder out through the penis.
- In younger men the prostate is about the size of a walnut.
- The nerves that control erections surround the prostate.

What is prostate cancer?

- Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumor.
- If left untreated, prostate cancer cells may eventually spread from the prostate and invade distant parts of the body, particularly the lymph nodes and bones, producing secondary tumors in a process known as metastasis.
- One of the most worrying aspects of the disease is that most prostate cancers develop without men experiencing any symptoms in the early stages.

What tests are available?

The purpose of testing is to detect prostate cancer at its earliest stages, before the disease progresses. The American Cancer Society now recommends prostate exam for men starting at age 40, rather than at age 50. There are currently two common tests available for initial detection:

The PSA blood test (PSA)

The PSA blood test looks for the presence of a protein in the blood that is produced specifically by prostate cells called Prostate Specific Antigen (PSA). The presence of an elevated PSA does not necessarily mean prostate cancer is present as there are other medical conditions that can lead to a PSA result outside the normal range. These include enlargement of the prostate (Benign Prostatic Hyperplasia or BPH) and inflammation of the prostate (prostatitis).



The Digital Rectal Exam (DRE)

The DRE involves the doctor inserting a gloved finger in the anus, where it is possible to feel part of the surface of the prostate. Irregularities include swelling or hardening of the prostate, or lumps on the surface that may indicate development of a tumor or other problems. The drawback to this test is that the doctor can feel only part of the prostate during the examination, so some irregularities may be beyond reach and therefore missed.

