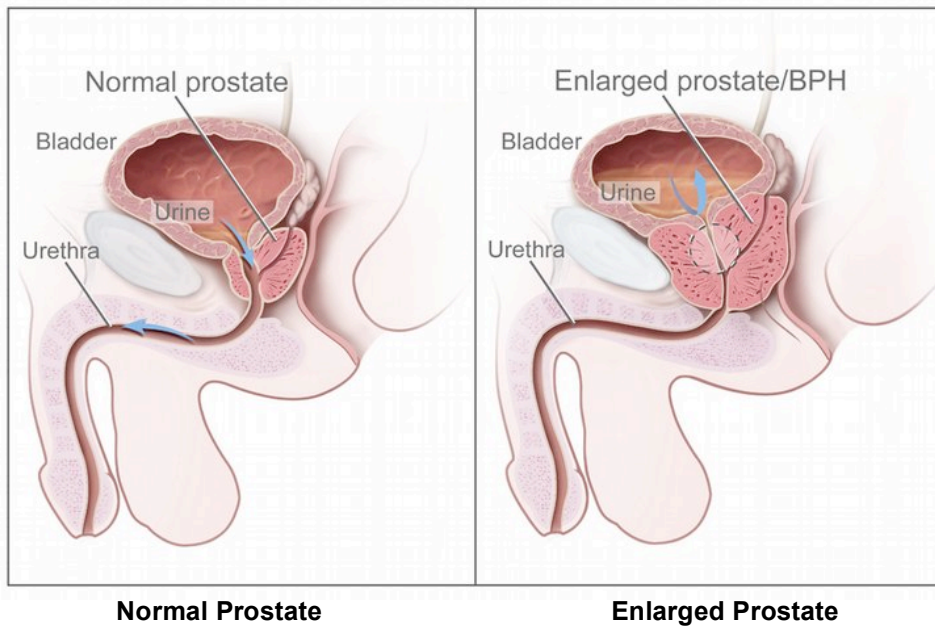




PROSTATE CANCER FACT SHEET

What is Prostate Cancer?

The prostate is a gland that produces seminal fluid and is about the size of a walnut or a ping pong ball. It is just below the bladder and in front of the rectum. Cancer occurs when the cells in the prostate change and multiply out of control.







Risk Factors

The cause of prostate cancer is unknown but researchers have found several factors that increase the risk of getting it:

-  **Age 50 years and older**
-  **Race**
-  **Family history**
-  **High fat diet**
-  **Smoking**

Symptoms

Prostate cancer usually does not cause symptoms in its early stages. Most men do not know they have it until it is found during a regular medical exam. If there are symptoms, they may include the following:

-  **Difficulty urinating**
-  **Frequent urination**
-  **Pain or burning feeling when you urinate**
-  **Blood in the urine**

Prevention / Early Detection

Prostate cancer is sometimes known as a silent killer because it often lacks symptoms. That is why annual screening tests are recommended when a man reaches age 50, or earlier if he is at higher risk.

Prostate Cancer Screening Guidelines

Beginning at age 50, men should have these two annual screening tests:

- **A digital rectal exam (DRE)**
- **A prostate-specific antigen (PSA) blood test** that can detect evidence of cancer.

If these tests point to prostate cancer, the doctor may recommend a **prostate biopsy**, in which tissue is taken from the prostate and examined under the microscope.

Diagnosis and Treatment

Treatment depends on how fast the cancer is growing, how much it has spread, age, and life expectancy. Treatment may include one or more of the following:

- **Watchful waiting** involves no treatment but careful observation and medical monitoring.
- **Radiation** uses x-rays to kill cancer cells.
- **Chemotherapy** uses drugs to stop the growth of cancer cells to other parts of the body.
- **Hormone therapy** involves taking drugs to stop the growth of hormones.
- **Surgery** is the removal of the prostate gland.

Conclusion

Prostate cancer is the most common cause of death for men older than 40. Prostate cancer rates for Asian American men increase when they emigrate to the U.S., which is due perhaps to a change in the environment (e.g. high fat diet, smoking). If prostate cancer is detected early, the chance of successful treatment with minimal or short-term side effects will be greatly increased. It is important that each man talk to his doctor as to when the best time to go for prostate cancer screening.

Remember early detection save lives!

For more information of our cancer screening program, please **call 240-777-1409** or visit our website at **www.AAHInfo.org**.

Sources

American Cancer Society, Mayo Clinic, MedlinePlus, Patient Health International, WebMed, Wikipedia.