



Men's Health

Prostate Cancer
Detect it early, Treat it early

Why Men Should Care About Prostate Cancer

» *Most common type of cancer affecting men in the U.S.*
» *Second leading cause of death from cancer for men*

Prostate Cancer is a cancer that occurs in the prostate gland in men. The prostate gland is an organ in front of the rectum and under the bladder, which makes semen. Prostate problems arise when the prostate gland grows too big. It then blocks the flow of urine from the bladder to the penis. This results in urinary problems, usually for older men.

Prostate cancer often grows slowly. But the cancer can eventually spread from the prostate to other parts of the body. It is important to detect it and treat it early, before the cancer can spread.

Stay Healthy.

Get a Check Up Every Year.

If found early, prostate cancer can be treated. Men over the age of 50 should get a check up and test for prostate cancer every year. Seeing a doctor is a good way of taking charge of your health. Your doctor can tell you what steps you can take to maintain your health.

Are You at Risk for Prostate Cancer?

Age: The main risk factor for prostate cancer. The chance of getting it goes up quickly after age 50.

Family History: A man's risk for prostate cancer is higher if his father or brother had prostate cancer, especially if the father or brother was young when they got it.

Ethnicity: Prostate cancer occurs in men of many ethnicities, including Asian men. All men should get tested no matter what their ethnicity is.

Changes in Prostate: Men with abnormal cells in their prostate may be at higher risk for prostate cancer.



*“Stay healthy!
If you have not
had a check up in
over a year, make
an appointment
right away.”*



Detect It Early, Treat It Early

At your annual check up, your doctor can test for prostate cancer. Regular testing for cancer means your doctor can find the cancer early and provide treatment for you early.

Tests for Prostate Cancer

Digital Rectal Exam

The doctor feels the prostate by putting a gloved finger into the rectum. The prostate is checked for hard or lumpy areas which may indicate prostate cancer.

Blood Test

The doctor will take a sample of your blood and it will be checked for a substance called PSA (prostate-specific antigen). A higher than normal PSA level may indicate prostate cancer.

Test Results

- +** If your test results are not normal, there is a chance you might have prostate cancer. You will need to do more tests to find out for sure, such as a transrectal ultrasound and biopsy. In this procedure, a small probe goes into the rectum to show the prostate on a screen. If cancer is suspected, your doctor will insert a thin needle into the prostate to remove tissue. The tissue is examined to see if there is cancer.
- If your test results are normal, you most likely do not have prostate cancer at this time. This does not mean you cannot get it in the future. Even if the test results are normal, you should still return to see your doctor for regular check ups, especially if you have symptoms of prostate problems.

“I never used to get regular check ups. But I want to make sure I am healthy so I can take care of my family. Now I see my doctor every year.”

Symptoms of Prostate Problems or Prostate Cancer

A man with prostate cancer may not have any symptoms. Symptoms can show up when the cancer is in later stages. These symptoms are the same as other less serious prostate problems like BPH (*benign prostatic hyperplasia*):

- » Not able to urinate or have hard time urinating
- » Weak urine flow
- » Need to urinate often
- » Pain or burning when urinating
- » Blood in the urine
- » Difficulty having an erection
- » Frequent pain in the spine, hips, or ribs

Men with these symptoms should see a doctor right away.

Treatment for Prostate Cancer

The treatment will depend on how widespread the cancer is. The age, health conditions and what the patient prefers also matter. The treatment plan may include:

- » Surgery
- » Radiation therapy
- » Hormone therapy
- » Chemotherapy

It can also be a few of these treatments combined. Since prostate cancer often grows slowly, the doctor may recommend to closely monitor the cancer without treatment. This means the patient's health will be checked on a routine basis. The patient will get treatment if symptoms show up or if the cancer grows. The patient can discuss these options with the doctor or an oncologist who is an expert in treating cancer.

Prostate Cancer is Not a Kidney Problem

Some people think prostate cancer is a kidney disease. They may use herbal medicine for treatment. This can be harmful. Herbal medicines may have side effects. This can delay proper diagnosis of prostate cancer. So do not try to treat the condition yourself. If you are male, 50 years old and older, and have urinary problems, you should go see a doctor first.

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