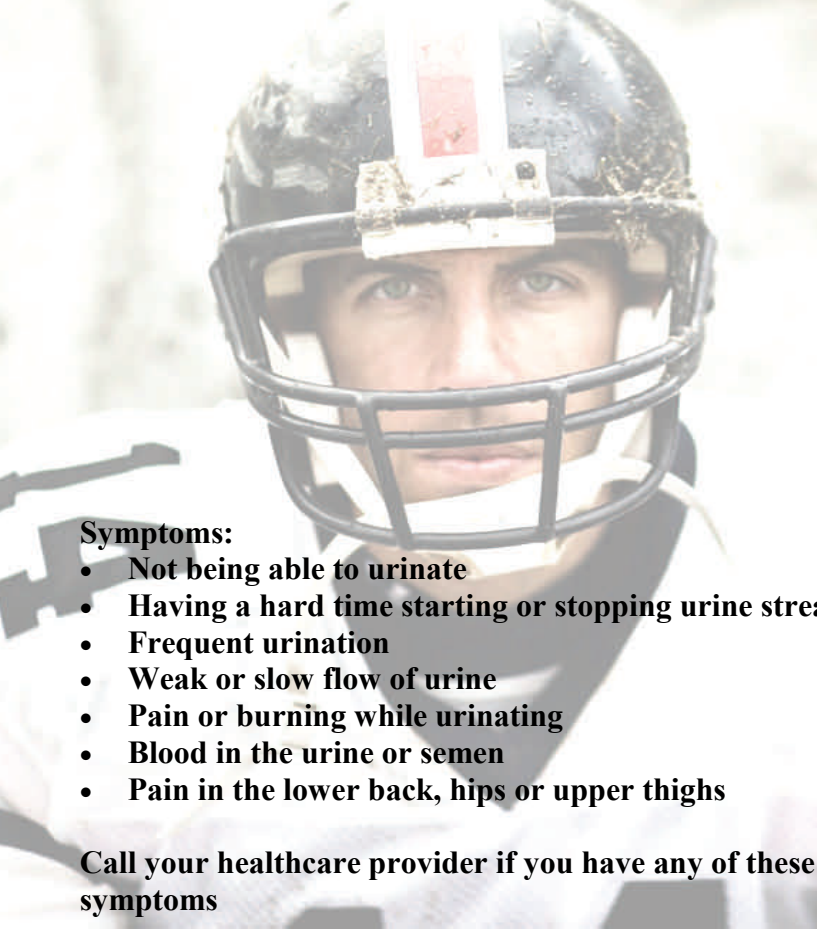




Risk Factors

Age: Age is the main risk factor for prostate cancer. Men over 45 years of age are more likely to have prostate cancer.

Family History: A man's risk of prostate cancer is increased if his father or brother had prostate cancer.

Race: Prostate cancer is more common in African-American men than Hispanic or Caucasian men.

Diet: Some studies show that a diet high in fat may increase the risk of prostate cancer.

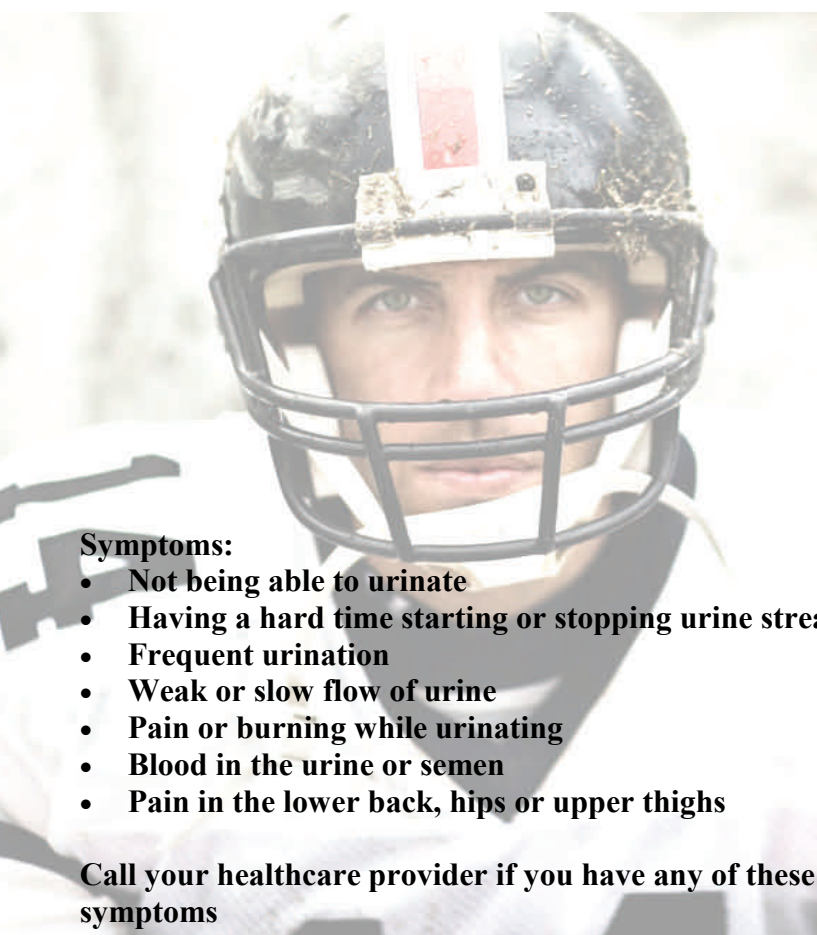
A family history of prostate cancer cannot be avoided, but reducing the risk factors by getting routine medical check-ups and eating a low-fat diet can decrease your risk of prostate cancer.

Symptoms:

- Not being able to urinate
- Having a hard time starting or stopping urine stream
- Frequent urination
- Weak or slow flow of urine
- Pain or burning while urinating
- Blood in the urine or semen
- Pain in the lower back, hips or upper thighs

Call your healthcare provider if you have any of these symptoms

Information provided by the National Cancer Institute. This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition. If you have questions, call (888) 564-3476.



Risk Factors

Age: Age is the main risk factor for prostate cancer. Men over 45 years of age are more likely to have prostate cancer.

Family History: A man's risk of prostate cancer is increased if his father or brother had prostate cancer.

Race: Prostate cancer is more common in African-American men than Hispanic or Caucasian men.

Diet: Some studies show that a diet high in fat may increase the risk of prostate cancer.

A family history of prostate cancer cannot be avoided, but reducing the risk factors by getting routine medical check-ups and eating a low-fat diet can decrease your risk of prostate cancer.

Symptoms:

- Not being able to urinate
- Having a hard time starting or stopping urine stream
- Frequent urination
- Weak or slow flow of urine
- Pain or burning while urinating
- Blood in the urine or semen
- Pain in the lower back, hips or upper thighs

Call your healthcare provider if you have any of these symptoms

Information provided by the National Cancer Institute. This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition. If you have questions, call (888) 564-3476.



Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

<http://chfs.ky.gov/dms/hi/default.htm>

Men's Health

Did you remember to get your prostate exam?

**Be sure to get an annual
prostate exam by your
healthcare provider if
you are 45 or older. This
should include a rectal
exam and a lab test
called a PSA (prostate
specific antigen).**



Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

<http://chfs.ky.gov/dms/hi/default.htm>

Men's Health

Did you remember to get your prostate exam?

**Be sure to get an annual
prostate exam by your
healthcare provider if
you are 45 or older. This
should include a rectal
exam and a lab test
called a PSA (prostate
specific antigen).**

