

Men's Health

Prostate Awareness Month is June

Before you get up to bat, be aware of the causes and factors that may be associated with prostate cancer:

Age: In the United States, it is estimated that one in 55 men between the ages of 40 and 59 will be diagnosed with prostate cancer.

Race (Native American, Asian or Hispanic, Caucasian, African-American): African-Americans are in the highest risk group, with a rate of more than 200 cases per 100,000 African-American men. The rate in Caucasian and Asian men is slightly more than half that of African-Americans. In addition, African-Americans are less likely to see their primary healthcare provider early. They are likely to have more advanced disease and have a poorer overall cure rate than Caucasian or Asian men.

Family History: Men with a family history of prostate cancer are at an increased risk of developing the disease. This risk can be linked with the number of first-degree relatives (father, brother or uncle) affected by prostate cancer and the age at onset.

Diet: There is also proof showing that prostate cancer is more common in men with a diet high in fat. Men who eat a diet including fruits and vegetables may have a lower risk.

Digital rectal exam: The healthcare provider inserts a lubricated, gloved finger into the rectum and feels the prostate through the rectal wall. The prostate is checked for hard or lumpy areas.

Blood test for prostate-specific antigen (PSA): A lab checks the level of PSA in a man's blood sample. A high PSA level is commonly caused by BPH or prostatitis (inflammation of the prostate). Prostate cancer may also cause a high PSA level.



The digital rectal exam and PSA test can detect a problem in the prostate. They cannot show whether the problem is cancer or a less serious condition. Your healthcare provider will use the results of these tests to help decide whether to check further for signs of cancer.

What are the symptoms of prostate cancer?

Many men with prostate cancer often have no symptoms. Symptoms may include:

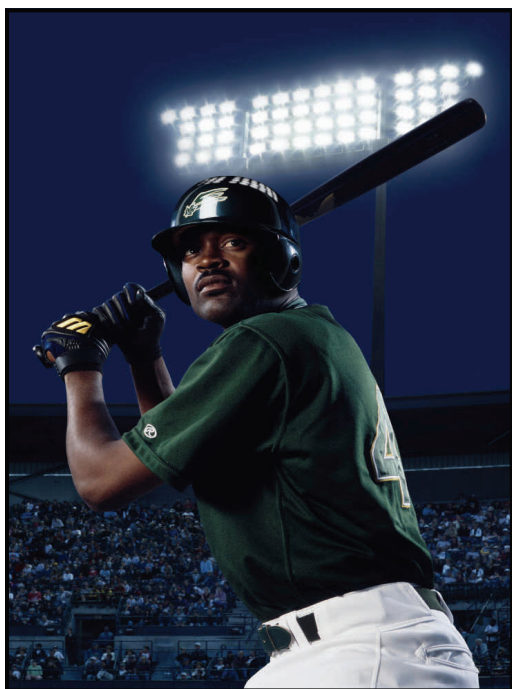
- Blood in the urine or semen
- The need to urinate often, especially at night
- Weak or interrupted urine flow
- Pain or burning while urinating
- Not being able to pass urine
- Trouble starting or holding back urination
- Painful ejaculation
- Constant pain in the lower back, pelvis, or upper thighs

Your healthcare provider can check you for prostate cancer before you have any symptoms. Screening can help healthcare providers find and treat cancer early.



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Homerun or Strikeout?



Prostate cancer is the second leading cause of cancer deaths in men and can be effectively treated when detected early.

In 2007, it is estimated in the United States there will be 218,000 new prostate cases and 27,050 deaths.

So...Let's hit the field and get your knowledge up to bat. Know the tips to reduce your risk so you can stay in the game.

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.