

“About 1 in 7 men will be diagnosed with prostate cancer in their lifetime”

-The American Cancer Society



THE PROSTATE GLAND

The prostate is a walnut-sized gland found only in men. It is located below the bladder and in front of the rectum. The prostate gland surrounds the urethra, which is the tube that carries urine and semen through the penis and out of the body.

The main function of the prostate gland is to secrete prostate fluid, which is one of the main components of semen. The muscles of the prostate gland also help to propel this fluid out of the body.

PROSTATE CANCER

Prostate cancer is the second most common cancer in men. Prostate cancer occurs due to the uncontrolled growth of prostate cells. It is unknown what causes these prostate cancer cells to develop and grow. In advanced cases, prostate cancer can spread to the surrounding areas in the pelvis, bones, and lymph nodes.

RISK FACTORS

There is no way to know for sure if you will get prostate cancer. However, the following factors may increase a man's risk for developing prostate cancer:

- Age 50 or older
- African American race
- Family history

SIGNS & SYMPTOMS

The signs and symptoms of prostate cancer can be very similar to the symptoms of benign prostate hyperplasia (BPH) or prostate enlargement (see page 2).

Common early signs of prostate cancer include:

- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Trouble emptying the bladder completely
- Blood in the urine or seminal fluid
- Pain or burning while urinating (less common)

If the cancer has spread outside the prostate gland, other symptoms may include:

- Pain in the back, hips, or pelvis that doesn't go away
- Shortness of breath
- Fatigue

SCREENING FOR PROSTATE CANCER

November 2017

WHY GET SCREENED?

The American Cancer Society (ACS) recommends that men discuss prostate cancer screenings with their doctor if they are:

- Age 40 or older and at very high risk (>1 first-degree relative with prostate cancer)
- Age 45 or older at a high risk (African American or one first-degree relative with prostate cancer)
- Age 50 or older at average risk and expected to live at least 10 more years

WHAT ARE THE SCREENINGS?

There is no standard or routine screening test for prostate cancer. The two tests available are:

Digital rectal exam (DRE) - A doctor or nurse inserts a lubricated, gloved finger into the lower part of the rectum to feel the prostate for lumps or anything unusual.

Prostate-specific antigen (PSA) blood test - PSA is a substance made by the prostate and its level in the blood can be higher in men who have prostate cancer. It can be affected by other conditions and medications, therefore, it is possible to have false positive or false negative results from this test.

IS BPH RELATED TO PROSTATE CANCER?

BPH is a natural process and does not cause prostate cancer, nor do researchers think it is a risk factor. By age 60, over 50% of men will suffer from BPH. However, the symptoms of BPH (listed below) can be similar to those of prostate cancer.

- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Trouble emptying the bladder completely
- Dribbling at the end of urinating
- Straining to urinate

GET SCREENED EARLY!

Nearly 100% of men diagnosed with prostate cancer in early stages are still alive five years after diagnosis.
Talk to your doctor about your risk.

PREVENTING PROSTATE CANCER

There is no sure way to prevent prostate cancer. Studies have found there are some things you can do that may lower your risk:

- Be physically active
- Stay at a healthy weight
- Eat at least 2 ½ cups of a wide variety of vegetables and fruits every day
- Avoid diets high in animal fat

Currently, no specific vitamins, minerals, or supplements have shown to lower the risk for prostate cancer. Men should talk to their doctors before taking any supplements to prevent prostate cancer.



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

Please contact us at 1-855-586-2568.
We are available Monday through Friday, 8:00 a.m. to 5:00 p.m. MT.

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References available upon request