

2008

# September

## Get the facts about prostate cancer



### September is Prostate Cancer Awareness Month

If you're like many men, just the mere thought of getting a prostate exam brings with it feelings of anxiety and embarrassment. The exam can be invasive and uncomfortable – but it can also be lifesaving.

Because September is Prostate Cancer Awareness Month, it's important to get to know the following facts about prostate cancer:

- According to recent data, one in six men will be diagnosed with prostate cancer.<sup>1</sup>
- Screening tests can help detect the disease at an early stage when treatment can be more effective and with potentially fewer side effects.<sup>1</sup>

#### What can you do?

Currently, there are two screening tests for prostate cancer available.

These tests are called:

- **Digital Rectal Exam (DRE)** – Most prostate tumors can be felt by a finger inserted in the rectum. This is the easiest and least expensive way.
- **Prostate-Specific Antigen (PSA)** – An ailing prostate secretes a substance called prostate-specific antigen (PSA). In some cases, a PSA test can reveal the presence of a cancer that the doctor can't feel through a rectal exam.

Every man over 50 should have a DRE and PSA test every year.<sup>1</sup>

#### Are you high risk?

African-American males are considered a high-risk group and should begin having their annual exams at 45.<sup>1</sup>

Men with a father and/or brother diagnosed with prostate cancer are considered a high-risk group could begin testing at age 40.<sup>1</sup>

#### What are some signs to look for?

Many times, men with prostate cancer do not show any signs of the disease. However, when symptoms are present they usually include:<sup>2</sup>

- Frequent urination (often at night)
- Hard to start/stop urine flow
- Pain or burning during urination
- Blood in urine
- Persistent lower back or hip pain

Now that you have the facts about prostate cancer, don't you think a few moments of embarrassment or discomfort is a small price to pay for piece of mind and more time with your loved ones? Then, what are you waiting for? Call your health care provider and make an appointment for a prostate screening today!



<sup>1</sup> Prostate Cancer Foundation website: An Introduction to Prostate Cancer (January 2007); prostatecancerfoundation.org/ <sup>2</sup> Prostate Cancer Foundation website: Prostate Cancer Symptoms; prostatecancerfoundation.org/