

PLACES TO GET HELP AND FREE INFORMATION

Men's Healthline

1-888-MEN-2-MEN (Toll free)

Men's Health Network

202-543-MHN-1 (6461)

www.menshealthnetwork.org

Men's Health Resource Center

www.menshealthresourcecenter.com

Prostate Health Guide

www.prostatehealthguide.com

Read about screening guidelines

www.GetItChecked.com

ALSO VISIT

Department of Defense Center For Prostate Disease Research

www.cpdrr.org

American Urological Association

www.auanet.org

American Cancer Society

www.cancer.org

National Cancer Institute

1-800-4-CANCER (Toll free)

www.nci.nih.gov

Men's Health Library

www.menshealthlibrary.com

Visit the store for helpful materials.

www.mhnstore.com

AND CELEBRATE

Prostate Health Month

www.prostatehealthmonth.com

Men's Health Month

www.menshealthmonth.org



BECAUSE OF ITS EFFECT ON LOVED ONES, PROSTATE CANCER IS NOT JUST A MAN'S PROBLEM, IT IS A FAMILY PROBLEM.



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Men's Health Network and Co-founder,
National Black Men's Health Network

Men's Health Network thanks Jean J.E. Bonhomme, MD, MPH, for contributing his expertise to the information presented in this publication.

PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your healthcare provider. Check with your healthcare provider about your need for specific health screenings.

MEN'S HEALTH NETWORK

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Washington, DC 20013

202-543-MHN-1

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www.menshealthnetwork.org

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PROSTATE CANCER INFORMATION

Facts About PROSTATE CANCER



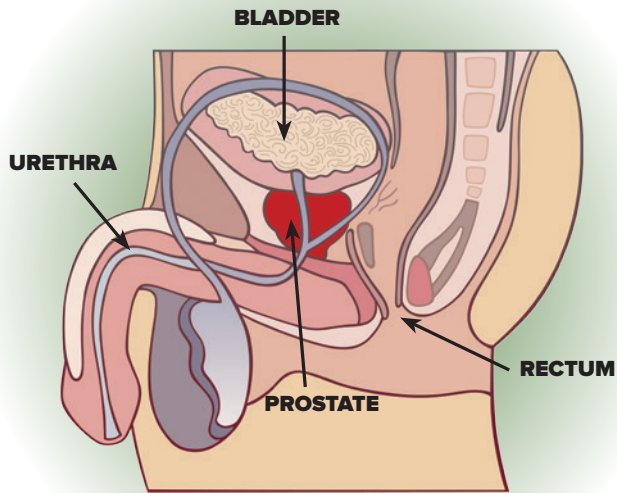
African-American men have the highest rate of prostate cancer—up to 50% higher than the average American man.

- Over 26,000 men in the U.S. die each year from prostate cancer.
- Prostate cancer is the most common cancer in men.
- Prostate cancer can usually be cured if detected early.
- Men at high risk should begin yearly screening by age 40.
- African-American men, men of any race with a family history of prostate cancer, and men exposed to Agent Orange are considered at high risk.
- Other men should begin screening by age 50.
- All men should talk to their healthcare provider about a baseline PSA test at age 40.

MHN Men's Health Network™
www.menshealthnetwork.org

WHAT IS THE PROSTATE?

The prostate is a walnut-sized gland which contributes to the fluid that helps carry sperm. It is located right in front of the rectum.



WHAT IS PROSTATE CANCER?

Prostate cancer is a group of cells growing out of control in the prostate that may invade and destroy healthy tissues and organs.

Prostate cancer can grow differently for different people. Some cancers may grow and spread rapidly, requiring prompt and aggressive treatment. Others grow slowly, presenting little threat to the man.

REMEMBER:

In the beginning, prostate cancer usually has **NO** symptoms.

See your healthcare provider!

WHAT ARE THE RISK FACTORS?

Race—African-American males are at highest risk.

Age—40 or above for men with a family history of prostate cancer and African-American males, 50 or above for other men.

Family History—Father/brother/or other male family member has prostate cancer.

Veterans—Exposure to Agent Orange.

Baseline PSA—Men in their 40s with a baseline PSA above 1.0 to 2.4 ng/ml have a greater future risk.

Early-stage prostate cancer usually has no symptoms.

Get regular checkups and see your healthcare provider if you experience any of the following:

- Persistent hip or back pain
- Difficulty urinating
- Painful or burning urination
- Blood in your urine



SCREENING TESTS CURRENTLY AVAILABLE

PSA—Prostate Specific Antigen

A blood test that can often detect a prostate related problem. An abnormal test may mean additional testing is needed.

DRE—Digital Rectal Exam

A test where the healthcare provider puts a gloved finger in the rectum to feel the prostate.

New tests are being developed, so when consulting with your healthcare provider ask if other tests are available.

TREATMENT OPTIONS

- Removal of the prostate (Prostatectomy)
- Radiation therapy
- Hormone therapy
- Cryotherapy*
- Active surveillance (watchful waiting)

Some men with prostate cancer may not need to have treatments.

Men, together with their families and in consultation with their healthcare provider, need to have the facts to make informed decisions about screening and treatment for prostate cancer.

Many older men develop enlargement of the prostate, called BPH (benign prostatic hyperplasia), BPH is **NOT** cancer, and can be treated if it causes problems such as difficulty urinating.

** Cryotherapy is an FDA-approved treatment for localized and locally recurrent prostate cancer. It may cause more sexual side effects than other local therapies, but interested patients should ask their healthcare provider for more information.*

CLINICAL TRIALS AND YOU

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: www.clinicaltrials.gov