

**One in six** men born today will be diagnosed with prostate cancer in their lifetime, and for **African American** men the rate is **one in four**.

This year alone, the National Cancer Institute estimates that in the U.S. over **190,000** men will be diagnosed with prostate cancer and the disease will cause around **27,000** deaths.

Prostate cancer does not affect men in isolation: it can have **devastating effects** on entire families, **especially wives and partners**.

**If detected early**, prostate cancer is highly treatable, leading to **higher quality of life** and **reduced suffering**.

**For more information please contact:**

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**Women Against Prostate Cancer**



**Prostate Cancer  
Support & Resources  
for Women**

Women Against Prostate Cancer

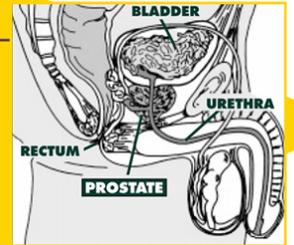


# What You Should Know About Prostate Cancer

## WHAT IS PROSTATE CANCER?

The prostate is a walnut-sized male gland that contributes to the fluid that carries sperm. It is located just below the bladder.

Prostate cancer is a group of cells that grow abnormally out of control in the prostate. Generally, prostate cancer is slow growing, but sometimes it can be aggressive and spread quickly. If detected early, chances of successful treatment are high.



## WHO IS AT RISK?

All men are at risk of being diagnosed with prostate cancer. However, it is important to know the specific factors that may increase a man's risk, including:

**AGE:** Age is the main risk factor for prostate cancer. A man's chance of getting the disease rises quickly after age 50.

**FAMILY HISTORY:** Those with a father, brother, or other male relative who have had prostate cancer are at increased risk.

**RACE:** African American males are at highest risk of developing prostate cancer, they are up to twice as likely to develop and die from the disease as other men.

## WHAT EARLY DETECTION TOOLS EXIST ?

WAPC recommends that at age 40 (35 for high risk men) men receive a baseline PSA and Digital Rectal Exam. After receiving the baseline screening, all men should speak with their physician about annual prostate screenings.

**PSA:** Prostate Specific Antigen (PSA) is a blood test that can often detect a prostate-related problem. An abnormal test result may indicate that additional testing is needed.

**Digital Rectal Exam (DRE):** A DRE is an exam that allows a physician to feel the prostate and detect abnormalities that may exist.

## WHAT IF MY HUSBAND IS DIAGNOSED WITH PROSTATE CANCER?

A prostate cancer diagnosis can place emotional, mental and physical strains on your relationship. Here are a few ways to support your partner and yourself in this difficult time:

**Stand by him.** Attend doctor's appointments, ask questions, join a support group with him. Let him know he's not facing this alone.

**Do your research.** Depending on the individual, there could be several possible treatment options or a combination of treatments that your doctor may suggest. Learn all you can about each treatment, its side effects, and expected outcomes and share your findings with your partner.

**Communicate.** In an often confusing and daunting time, it's critical to lend your ear to your partner and communicate your own feelings openly and honestly.

**Seek Support.** Connect with other women who are facing the same struggles. Join a local WAPC chapter for support and to fight prostate cancer.



# our mission

**Women Against Prostate Cancer is a national organization working to unite the voices of, and provide support for, the millions of women affected by prostate cancer and their families. WAPC advocates prostate cancer education, prevention, screenings, legislation, and treatment options.**