



# SEPTEMBER

is **Prostate Cancer**  
Awareness Month

**HAVING A FATHER/BROTHER DIAGNOSED**  
more than doubles a man's risk

African American men are twice as likely to die from prostate cancer.

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International Prostate  
Cancer Foundation

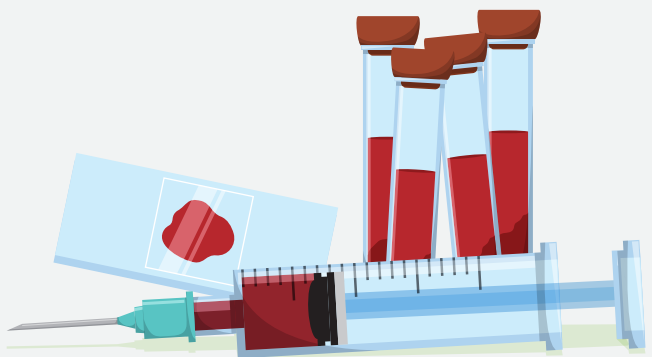
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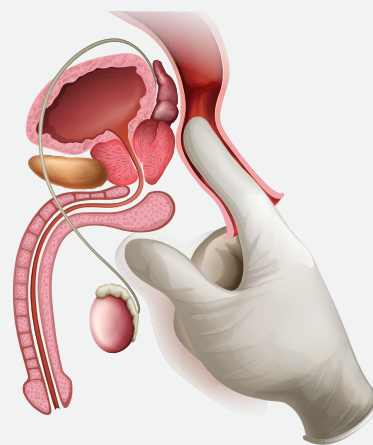
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## THE IMPORTANCE OF SCREENING current ipcf recommendations

The International Prostate Cancer Foundation recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting all the facts about the uncertainties, risks, and potential benefits of prostate cancer screening.



Prostate cancer can often be diagnosed early by testing for Prostate-Specific Antigen (PSA) levels in a man's blood. A high PSA number can serve as an indicator.



The digital rectal exam (DRE) is a great early diagnostic tool. Simply, the doctor inserts a gloved, lubricated finger into the rectum to feel the prostate gland.

**EACH MAN SHOULD TALK WITH HIS DOCTOR  
TO DETERMINE WHETHER SCREENING IS RIGHT FOR HIM.**

make a plan, get  
**TESTED**



**learn your risk**  
from your doctor

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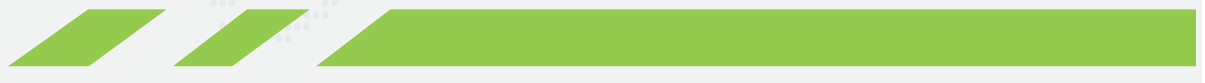
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### PROSTATE CANCER RISK FACTORS

A risk factor is anything that affects your chance of getting a disease. Different cancers have different risk factors. Some risk factors, like smoking or diet, can be changed. Others, like a person's age or family history, can't be changed.

#### AGE

Age is the main risk factor for prostate cancer, and the disease is rare in men younger than 45

#### GEOGRAPHY

Prostate cancer is most common in North America, northwestern Europe, Australia, and the Caribbean islands.

#### LIFESTYLE

Lack of Exercise and a Sedentary Lifestyle can cause increased risk for prostate cancer.

#### RACE

It is more common in African-American men than in Caucasian men. It is less common in Asian and Native-American men.

#### GENETICS

Several inherited gene changes seem to raise prostate cancer risk, but they probably account for only a small percentage of cases overall.

#### DIET

Studies suggest a diet high in animal fat or meat, as well as, eating dairy products daily may increase the risk. .

#### CHANGES

Certain Prostate changes and the appearance of abnormal cells may be an increased risk.

#### PROSTATITIS

Some studies have suggested that the inflammation of the prostate gland may be linked to an increased risk of prostate cancer.

#### FAMILY HISTORY

A man's risk is higher if his father or brother had prostate cancer

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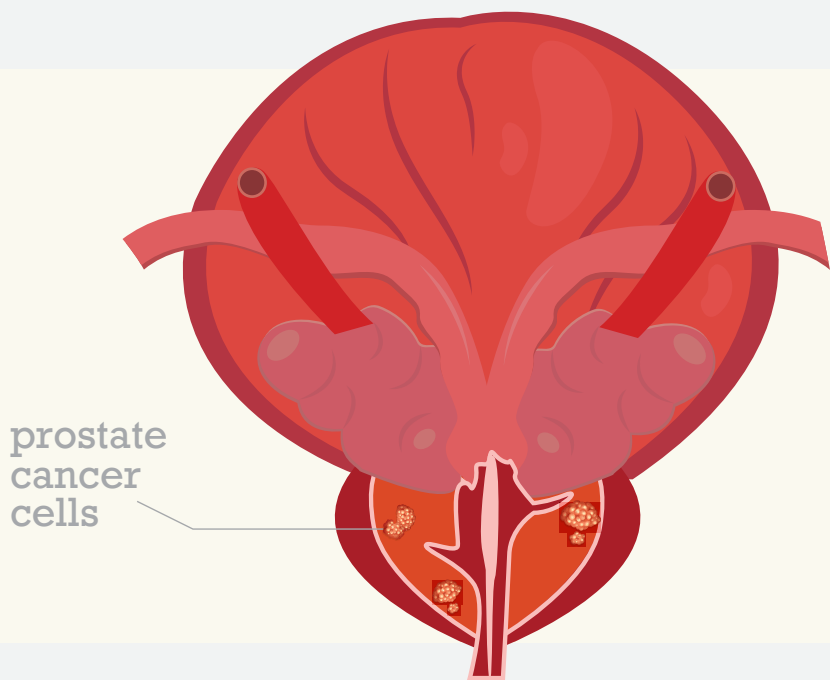
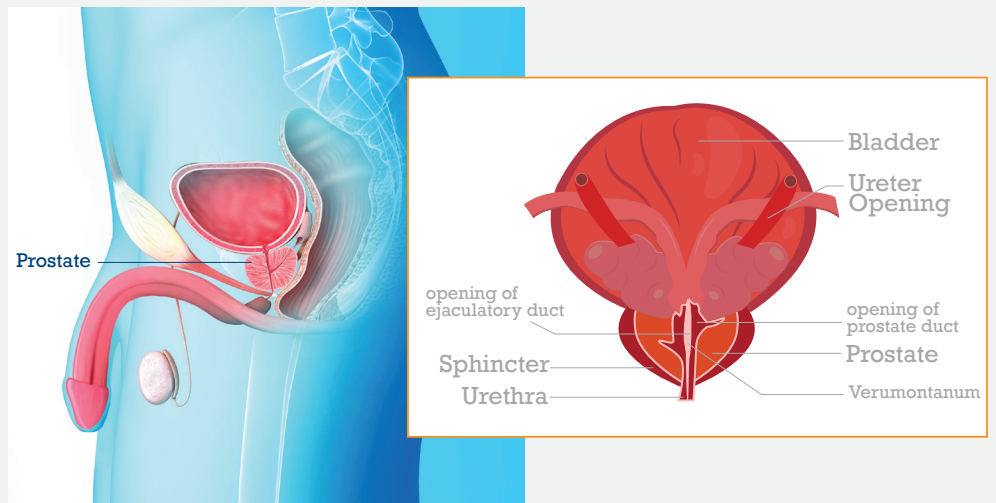


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## WHAT IS THE PROSTATE GLAND?

The prostate gland looks like a chestnut, is located just below the urinary bladder and is run through by the urethra.



## WHAT IS PROSTATE CANCER?

Prostate cancer develops when abnormal cells in the prostate gland start to grow more rapidly than normal cells in an uncontrolled way. Most prostate cancers grow more slowly than other types of cancer.

## WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

- weak or interrupted flow of urine ✓
- frequent urination (especially at night) ✓
- painful ejaculation ✓
- painful urination ✓
- blood in the urine or semen ✓
- persistent pain in the back, hips or pelvis ✓

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a man dies

**EVERY**  
**15 mins**  
of prostate cancer



a man is diagnosed

**EVERY**  
**2.0 mins**  
with prostate cancer

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With early diagnosis and treatment, survival rates are over 90%

**3.1 Million American Men are Prostate Cancer Survivors**

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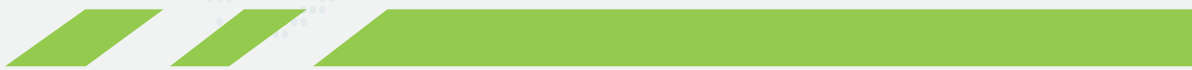
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## MEN'S HEALTH CANCER PREVENTION

Having one or several risk factors, does not mean that you will get the disease. Many people with one or more risk factors never get cancer, while others who get cancer may have had few or no known risk factors. Follow these four simple steps to maintain good health.

### ONE

**See your doctor regularly.** Yearly visits and exams can help with early detection of any disease.

### TWO

**Be Aware & Mindful.** If you notice changes in your body's appearance or behavior consult your doctor.

### THREE

**Learn family history.** Knowing what things run in your family will help you watch for warning signs.

### FOUR

**Self Exams.** Performing monthly self-examinations of the body can help prevent testicular cancer.

make a plan, get ———  
**TESTED**



**learn your risk**  
————— from your doctor

GET A DIGITAL  
RECTAL EXAM  
AND PSA  
TEST IF ...

family history of prostate cancer ✓

45 years of age or older ✓

African American ✓

frequent urination (especially at night) ✓

doctor recommends ✓

urination pain or pain in the back, hips or pelvis ✓

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