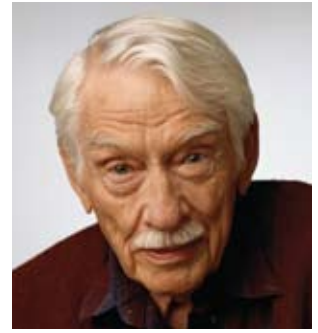


PROSTATE CANCER: Early Detection Saves Lives

Prostate cancer can be effectively treated and usually cured if detected in its early stages. If you are a man over the age of 50, or 45 if you are an African-American man, talk to your doctor about your risk for prostate cancer. Simple screening procedures offer the best hope of detecting prostate cancer while it is still curable.



What Is Prostate Cancer?

Cancer occurs when abnormal cells in a part of the body begin to grow out of control. Prostate cancer starts in the prostate, a walnut-sized gland found only in men. It is located below the bladder and surrounds the upper portion of the urethra. The prostate gland lies in front of the rectum, and part of its surface can be felt during a rectal examination. The function of the prostate is to secrete a fluid that makes up part of the semen.

Are you at risk?

Common risk factors for prostate cancer include:

Age: Risk increases as men get older.

Ethnicity: Prostate cancer is more common among African-American men than among men of other races.

Diet: There is some evidence that a diet high in saturated fat puts men at greater risk for prostate cancer.

Family History: Men with a family history of prostate cancer are at an increased risk of developing the disease.

What Are the Symptoms of Prostate Cancer?

In its early stages, prostate cancer often causes no symptoms. When symptoms do occur, they may include any of the following:

- Weak or interrupted urine flow
- Urinating much more frequently than usual, especially at night
- The feeling that you can't release all of your urine
- Pain or burning on urination
- Blood in your urine
- Continual pain in lower back, pelvis or upper thighs

All of these symptoms may be caused by cancer or by other, less serious health problems. If you experience any of these symptoms, you should see your doctor for evaluation.

Prostate Cancer and Diet¹

There is some evidence that suggests that the use of dietary supplements, such as vitamin E and selenium, and a diet that regularly includes tomato-based foods may protect men from prostate cancer. While doctors still need more data before they can conclusively connect certain foods, vitamins and minerals to the disease, it is recommended that men eat a healthy diet — low in meat and fat, high in fresh fruits and vegetables.



Screening for Prostate Cancer



If you are a healthy man over the age of 50, or 45 if you are an African-American man or have a family history of the disease, you should consider screening for prostate cancer. A prostate screening consists of two simple noninvasive tests which can be done in your doctor's office. They include the Digital Rectal exam, where a doctor inserts a gloved finger into the rectum and feels the prostate gland to check for bumps or abnormal areas, and the PSA Blood Test.

For more information about prostate cancer, contact your health care provider or Mary Bird Perkins Cancer Center about a free prostate cancer screening.

(225) 215-1234

(888) 616-4687

www.marybird.org

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¹American Cancer Society, Inc.. www.cancer.org. Low Calorie Diet May Help Reduce Prostate Cancer Risk: Diet May Also Affect Risk of Cancer Spread. 8/30/2002.