

# Living Longer and Healthier



## There is a crisis in men's health.

On average, men live shorter lives than women and die at higher rates for 9 of the top 10 causes of death. This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

**Take control of your health by exercising, eating right, and visiting your healthcare provider regularly and [GetItChecked.com](http://GetItChecked.com).**

### Places to Get Help and Free Information

#### Men's Health Network

202-543-MHN-1 (6461)  
[www.MensHealthNetwork.org](http://www.MensHealthNetwork.org)

#### Men's Health Library

[www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

#### Prostate Health Guide

[www.ProstateHealthGuide.com](http://www.ProstateHealthGuide.com)

#### Prostate Cancer Awareness Month

[www.ProstateCancerAwarenessMonth.com](http://www.ProstateCancerAwarenessMonth.com)

#### American Urological Association

[www.auanet.org](http://www.auanet.org)

#### American Cancer Society

[www.cancer.org](http://www.cancer.org)

#### National Cancer Institute

1-800-4-CANCER (Toll free)  
[www.cancer.gov](http://www.cancer.gov)

#### Men's Health Month

[www.MensHealthMonth.org](http://www.MensHealthMonth.org)

#### Men's Health Resource Center

[www.MensHealthResourceCenter.com](http://www.MensHealthResourceCenter.com)

### Clinical Trials and You

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

Funding and support provided by



### Want to learn more?

For more information on other health problems which affect men, consult with a healthcare provider or contact Men's Health Network. For information about screening guidelines, order our "Get It Checked" brochure.

### MEN'S HEALTH NETWORK

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202-543-MHN-1  
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[www.MensHealthNetwork.org](http://www.MensHealthNetwork.org)

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# Facts About Prostate Cancer

*Because of Its Effect on Loved Ones, Prostate Cancer is Not Just a Man's Problem, It is a Family Problem.*



## A quick guide from Men's Health Network

**MHN** Men's Health Network™  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

**Approximately 30,000 men in the U.S. die each year from prostate cancer.**

**More than 170,000 men in the U.S. are diagnosed with prostate cancer each year.**

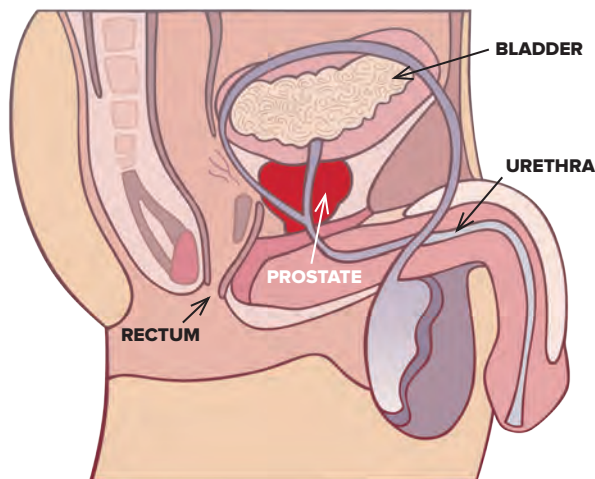
- Prostate cancer may be cured if detected early.
- Prostate cancer is the most common cancer in men according to the National Cancer Institute.
- Men at high risk should talk to their healthcare provider about screening for prostate cancer at age 40 or earlier, all others at age 50.
- Men at high risk include those with a family history of prostate cancer, African-American Men, and men exposed to Agent Orange and some other chemicals.
- African-American men have the highest rate of prostate cancer.

### **Remember:**

**Prostate Cancer may be present without any symptoms. See your healthcare provider!**

## **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 abnormally in the prostate that may invade and destroy healthy tissues and organs. Prostate cancer can grow differently for different people. Some cancers grow and spread rapidly, while others grow slowly.

## **What are the Risk Factors?**

**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 been diagnosed with prostate cancer.

**Race**—African-American males are at highest risk.

**Veterans**—Exposure to Agent Orange and some other chemicals.

**Baseline PSA**—Men in their 40s should speak to their healthcare providers about getting a baseline PSA test.

**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 result 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.



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



## **Stages of Prostate Cancer**

**Stage M0**—Cancer hasn't spread outside the prostate and may not be felt by a DRE or seen with ultrasound or other imaging techniques.

**Stage M1**—Cancer that has spread outside of the prostate to other parts of the body, such as the bone, organs, and lymph nodes.

**Stage I**—This is the early stage when the cancer is only in the prostate.

**Stage II**—The tumor is more advanced, but doesn't extend beyond the prostate.

**Stage III**—The tumor extends beyond the prostate, may have invaded the seminal vesicle(s), but has not spread to lymph nodes.

**Stage IV**—This is advanced prostate cancer. The tumor may have spread to the bladder, rectum, lymph nodes, bones, or other parts of the body.

## **Treatment Options**

- Active Surveillance or Watchful Waiting
- Removal of the prostate (Prostatectomy)
- Radiation therapy
- Hormone therapy
- Cryotherapy

**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 options.**

Many older men develop enlargement of the prostate, called BPH. BPH is NOT cancer, and can be treated if it causes problems such as difficulty urinating. Early detection is important in making treatment decisions.