

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](http://www.menshealthnetwork.org)

**PROSTATE HEALTH GUIDE**  
[www.prostatehealthguide.com](http://www.prostatehealthguide.com)

**THE DEAN & BETTY GALLO  
PROSTATE CANCER CENTER AT  
THE CANCER INSTITUTE OF NEW JERSEY**  
732-235-9597

**DEPARTMENT OF DEFENSE CENTER  
FOR PROSTATE DISEASE RESEARCH**  
[www.cpdr.org](http://www.cpdr.org)

**AMERICAN UROLOGICAL ASSOCIATION**  
[www.auanet.org](http://www.auanet.org)

**AMERICAN CANCER SOCIETY**  
[www.cancer.org](http://www.cancer.org)

**NATIONAL PROSTATE CANCER COALITION**  
[www.pcacoalition.org](http://www.pcacoalition.org)

**NATIONAL CANCER INSTITUTE**  
1-800-4-CANCER (Toll free)  
[www.nci.nih.gov](http://www.nci.nih.gov)

**MEN'S HEALTH WEEK**  
[www.menshealthweek.org](http://www.menshealthweek.org)



**BECAUSE OF ITS  
EFFECT ON LOVED ONES,**

# PROSTATE CANCER

**IS NOT JUST A MAN'S  
PROBLEM, IT IS A  
FAMILY PROBLEM.**

*Men's Health Network thanks Judd W. Moul, MD, FACS, for contributing his expertise to the information presented in this publication.*



**Judd W. Moul, MD, FACS**  
Professor and Chief, Urology  
Director, Prostate Center  
Duke University Medical Center  
Durham, NC

**Please note:** The Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.

**MHN Men's Health Network™**

**BUILDING HEALTHY FAMILIES ONE MAN AT A TIME™**

P.O. Box 75972, Washington, DC 20013 • 202-543-MHN-1  
[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org) • [www.menshealthnetwork.org](http://www.menshealthnetwork.org)



**FACTS ABOUT**

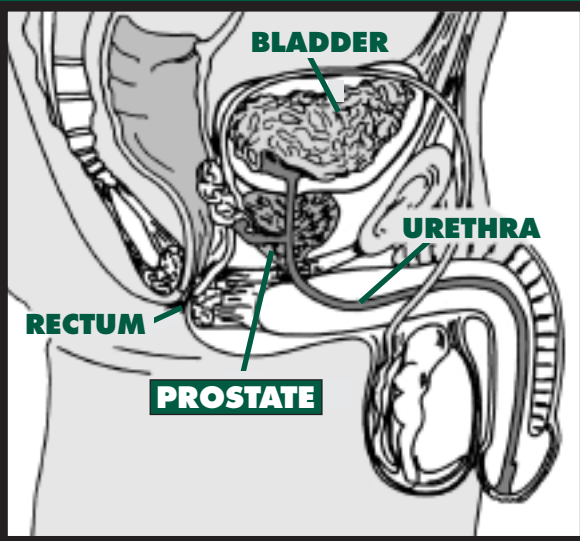
# PROSTATE CANCER

- Approximately 30,000 men in the U.S. die each year from prostate cancer.
- Prostate cancer can be cured if detected early.
- Prostate cancer is the most common cancer in men.
- Men at high risk (men with a family history of prostate cancer and African-American men) should begin yearly screening for prostate cancer at age 40 or earlier, all others at age 50.
- African-American men have the world's highest rate of prostate cancer.

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# 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

It is a group of cells growing abnormally 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 grow and spread rapidly, quickly leading to death. Others grow slowly, presenting little threat to the man.



**REMEMBER:**  
Prostate Cancer may be present without any symptoms. See your doctor!

## 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 male family member has prostate cancer.

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

**Early-stage prostate cancer usually has no symptoms.**

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

- Persistent hip or back pain
- Difficulty urinating
- Painful or burning urination
- Blood in your urine
- But remember, most prostate cancers today have **no** symptoms

## 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 doctor puts a gloved finger in the rectum to feel the prostate.

## TREATMENT OPTIONS

- Removal of the prostate (Prostatectomy)
- Radiation therapy
- Hormone therapy
- Cryotherapy\*
- Watchful waiting

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

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

## YOU CAN HELP:

**More research on prostate cancer treatments are needed and men should consider participating in clinical trials.**

\* 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 doctor for more information.