

Prostate Cancer

and the Men in Your Life

Prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate. The prostate is a gland in the male reproductive system located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder).

Why the Concern?

This year, approximately 500 ND men will be diagnosed and 100 men will die from this disease. Prostate cancer is the number one cancer of men and second leading cause of cancer deaths. One in six men will be diagnosed with prostate cancer.

One of these men affected by prostate cancer this year could be your husband, father, grandfather, brother, uncle or friend. This fact sheet will provide you with information to have a discussion about prostate cancer with the men in your life.

Who is at Increased Risk?

- All men over the age of 50
- Men with a family history of prostate cancer (a father or brother with prostate cancer more than doubles the risk)
- African American men
- American Indian men from the Northern Plains area have a higher prostate cancer rate than men from other American Indian communities in the U.S.¹

Symptoms

- Difficulty starting urination
- Frequent urination, especially at night
- Difficulty emptying the bladder completely
- Pain in the back, hips or pelvis that does not go away
- Weak or interrupted flow of urine
- Pain or burning during urination
- Painful or difficult erection
- Blood in the urine or semen



Screening Tests

If you have men in your life 50 or older, encouraging them to get a prostate screening could save their life. Here's how:

- Digital Rectal Examination
- A blood test called Prostate Specific Antigen (PSA)

Who should be tested?

- All men 50 years of age and older should have the discussion of prostate cancer screening with their healthcare provider with their wellness exam (physical)
- Men who have increased risk factors for prostate cancer should begin the discussion of prostate cancer testing at 40 years of age
- Any male with one or more symptoms

How to Encourage Screening?

- Learn more about prostate cancer
- Talk about prostate cancer, the risk factors and how prostate cancer is detected
- Encourage the men in your life to schedule an appointment with their healthcare provider for a wellness exam and ask if prostate cancer screening is right for them
- For more information on prostate cancer and screening refer them to <http://www.ndcancercoalition.org/resources/cancer-awareness-campaign/prostate-cancer-awareness/>

Planning for a cancer-free future.

1.Espey, et al. Annual report to the nation on the status of cancer, 1975-2004, featuring cancer in American Indians and Alaska Natives. Cancer 2007; 110: 119-52.

FACT sheet developed by the North Dakota Cancer Coalition. Other sources include Centers for Disease Control, National Cancer Institute and Us TOO International.