

Prostate Cancer



"I am a prostate cancer survivor and I am very thankful that the Men's Health Clinic was started here on Standing Rock."

Del LeCompte, Fort Yates, N.D.

Enrolled member of the Standing Rock Sioux Nation

Prostate cancer survivor

Land coordinator for Standing Rock

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

- 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 regarding prostate cancer screening with their healthcare provider at the time of their yearly 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

For more information on prostate cancer and screening go to:

<http://www.ndcancercoalition.org/resources/cancer-awareness-campaign/prostate-cancer-awareness/>

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). The prostate gland produces fluid that is one of the components of semen.

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. The American Cancer Society estimates about one in six men in the U.S. will be diagnosed with prostate cancer.

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

Planning for a cancer-free future.

1. Espy, 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.