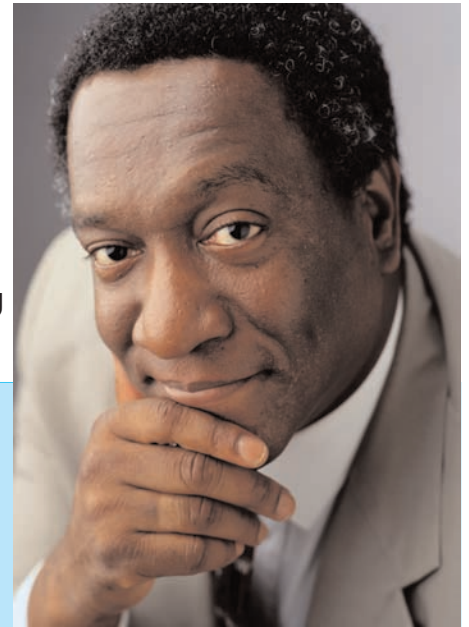


Prostate Cancer: What You Should Know About Screening and Diagnosis

The prostate gland is a key part of the male reproductive system and is linked closely with the urinary system. Prostate cancer is the most common non-skin cancer found in men in the United States. More than 218,000 men will be diagnosed with prostate cancer this year. The chance of a man getting prostate cancer during his lifetime is 1 in 6.



Risk Factors for Prostate Cancer

AGE: Prostate cancer is most common in men over 50. About 70% of prostate cancer cases are diagnosed in men age 65 or older.

RACE: African-American men are at higher risk.

FAMILY HISTORY: Having a brother, son or father with the disease has been shown to play a role in prostate cancer.

DIET: Eating a diet high in fat or drinking alcoholic beverages may increase a man's risk of developing prostate cancer.

Talk to your doctor about your personal risk.

Many doctors recommend an annual screening for the disease for all men age 50 or older. Screening looks for signs of the disease in people who have no symptoms.

THESE TWO TESTS CAN BE USED TO DETECT PROSTATE CANCER WHEN THERE ARE NO SYMPTOMS:

Digital Rectal Exam. Your doctor or nurse will insert a lubricated gloved finger into your rectum and feel the prostate for lumps or anything else that seems unusual.

Prostate-Specific Antigen Test (PSA). PSA is a substance made mostly by the prostate and may be found in increased amounts in the blood of men who have prostate cancer. PSA level may also be increased if the prostate is inflamed or the condition called benign prostatic hyperplasia (BPH) is present.

Men over the age of 50 should be offered these screening tests yearly. So should men over 45 who are at a higher risk of developing prostate cancer.

Early prostate cancer usually occurs without any symptoms. Often prostate cancer is discovered during the digital rectal exam or the PSA test. The following **symptoms** may be signs of prostate cancer:

- Frequent urination
- Pain or burning during urination
- Weak or interrupted urine flow
- Blood in the urine
- The urge to urinate frequently at night

Check with your doctor if you are experiencing any of these symptoms or if you have any questions.

CancerCare Can Help

CancerCare's staff of professional oncology social workers can help you cope with a diagnosis of prostate cancer. Our social workers offer people with cancer and their loved ones free counseling and support groups by telephone, online, or in person. CancerCare also offers education, information and referrals to other resources that can help you manage concerns related to cancer.

Statistics and screening recommendations were adapted from the American Cancer Society.



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National Office 275 Seventh Avenue New York, NY 10001

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