

Just the Facts... Prostate Cancer

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER

Prostate cancer occurs when cells in the prostate grow and multiply uncontrollably, damaging surrounding tissue and interfering with the normal function of the prostate. The cells can spread to other parts of the body. When the disease spreads, it is still called prostate cancer.

Your best chance for surviving prostate cancer is detecting it early. When prostate cancer is found early, there is nearly a 100 percent chance for cure.

Symptoms

There are often no symptoms of prostate cancer in its earliest stages. If symptoms are present, they vary from man to man, and may include:

- frequent urination
- hard time when starting to urinate, or trying to hold it back
- not being able to urinate
- weak or interrupted urine flow
- painful or burning urination
- blood in the urine
- difficulty in having an erection
- blood in the semen
- frequent pain or stiffness in the lower back, hips or upper thighs

Having any these symptoms does not mean you have cancer, but if you notice one or more of them for more than two weeks, see your doctor.

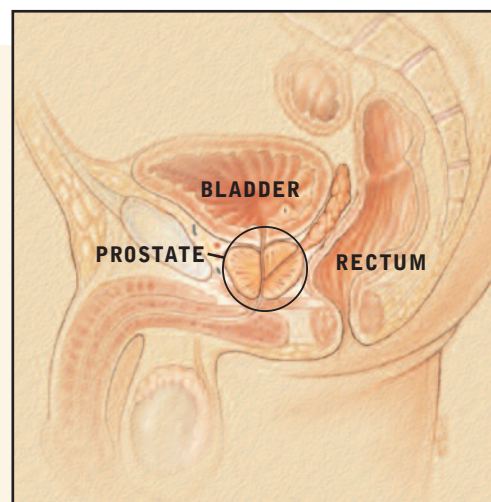
Risk Factors

Many factors may influence the development of prostate cancer, including:

- **age** Men 50 or older are at the greatest risk. Age is the most influential risk factor.
- **family history** Your risk is higher with a family history (especially father, brother, son) of prostate cancer.
- **race** African Americans have nearly twice the prostate cancer incidence of white men. It is less common among Asian or American Indian men.
- **diet** A high-fat diet, particularly animal fats, may increase your risk. Diets high in fruits and vegetables are thought to decrease your risk.



Wesley Garrett is a walking testimonial to the value of routine screening for prostate cancer with the prostate-specific antigen (PSA) blood test. When he's not building oilfield equipment and repairing electric motors, he enjoys fishing, Houston Comets' games and family outings.



The prostate, a gland in the male reproductive system, is located just below the bladder. It surrounds part of the urethra, which empties the bladder, and produces a fluid that forms part of the semen.

The Best of Prostate Health

Screening

Cancer screening exams are medical tests performed when a person has no symptoms. Prostate cancer screening should begin at age 50 for most men. Screening should begin at age 45 for African American men or men with a family history (father, brother, son) of prostate cancer. M. D. Anderson recommends:

Digital Rectal Exam: The health care provider inserts a lubricated, gloved finger into the rectum to feel if the prostate gland is enlarged.

Prostate Specific Antigen (PSA) Test: This is a simple blood test.

Counseling: A man should understand the risks and benefits of prostate cancer screening. Talk to your doctor to see if prostate cancer screening is right for you.

These recommendations are provided as a guide. If exam results suggest cancer, other diagnostic tests, such as an ultrasound or biopsy of the prostate tissue, should be conducted. Because prostate cancer is a slow-growing cancer, cancer specialists advise that men over 75 consult their doctor to see if a PSA blood test is right for them.

Reducing Your Risk

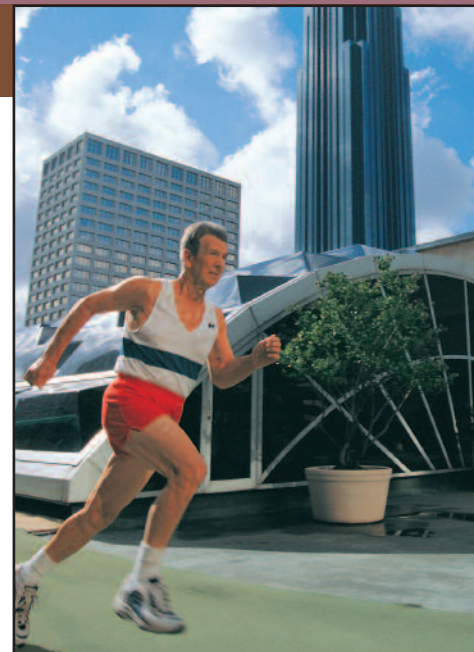
You can take action to reduce your risk of developing prostate cancer. M. D. Anderson suggests:

- eating at least five servings of fruits and vegetables per day
- following recommended screening guidelines
- exercising regularly
- maintaining your ideal weight

Take the time to discuss your own risks with your health care provider who can best advise you on the screening exams and risk-reduction strategies that are right for you.

Want to learn how you can prevent cancer?

Get a personalized action plan by completing M. D. Anderson's Risk Check at www.mdanderson.org/prevention.



Vincent Buckley believes physical activity helped him survive three separate battles with prostate cancer. Now, he's running hard to enjoy life.

M. D. Anderson Resources:

M. D. Anderson's Cancer Prevention Center offers thorough cancer screening examinations that include cancer risk assessment, screening exams based on age and gender, as well as personalized risk-reduction strategies. Prevention programs include genetic testing, chemoprevention and nutritional counseling. For more information or to schedule an appointment, call 713-745-8040 or 1-800-438-6434.

Other M. D. Anderson resources are available to the public, including patient support services, educational programs, guided tours, a learning center and wellness programs. You don't have to be an M. D. Anderson patient to use many of these services.

For more information about M. D. Anderson programs, services or referral, contact *askMDAnderson* at 1-877-MDA-6789 or www.mdanderson.org/ask.

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