

In The Spirit of Health

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®

"I pray that you may enjoy good health and that all may go well with you." - 3 John 1:2

He overcame prostate cancer for his loved ones

Olus Holder regularly visits his doctor. An executive pastor at Fallbrook Church — it's a habit he learned early in life from his mother.

"Now at 67 years old, I still regularly get screened."

After several years doing the recommended prostate-specific antigen (PSA) blood test his results showed elevated PSA levels — a sign of possible prostate cancer. With further testing, the doctor was able to confirm a diagnosis.

"My diagnosis devastated me because I thought, 'Man, I'm about to die,'" Holder said.

Prostate cancer develops more often in Black men than in men of other races, and they face nearly double the risk as white men. MD Anderson recommends that men should start speaking with their health care provider about screening for prostate cancer at age 45. For Black men and those who have had a close relative with prostate cancer, it's five years sooner at age 40.

A silver lining is that, when caught in the earlier stages, 99% of men survive prostate cancer, despite it being the third most common cancer in the United States.

It's information like this that alleviated Holder's concerns. Holder said talking to his doctor after his diagnosis helped him better understand prostate cancer, an educational journey that "brought peace and calm" into his life.

"Embrace health information because it is your friend," he said. "The more you know, the better you are able to make decisions."

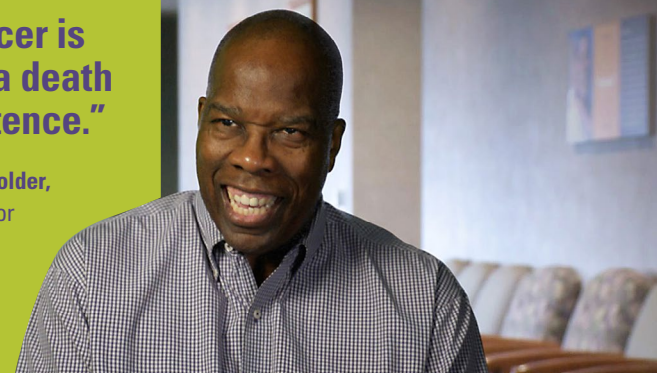
Holder says he learned that "cancer is not a death sentence". He uses his story to urge men to take their health seriously.

Parents and partners can also play a valuable role in the health of the men in their lives. A relative can help start a conversation about cancer risk and prevention, to encourage men to become more interested in their health.

"The number one reason I take my health seriously is for my wife and daughter," he said. "If your parents are still living, if you're married or if you have children or grandchildren, why wouldn't you want to prolong your life to enjoy it with your family?"

**"Cancer is
not a death
sentence."**

- Olus Holder,
Survivor



If you have questions about In The Spirit of Health, e-mail
Community@MDAnderson.org or call **713-792-3363**.

Did you know?

Beginning at age 45, men should ask about screening for prostate cancer. Black men should ask at age 40.

Men of any age should see their doctor if they have any of the following symptoms:

- Inability to urinate or difficulty in starting to urinate
- Trouble emptying the bladder completely
- Weak or interrupted urine flow
- Painful or burning urination
- Difficulty trying to hold back urination
- Frequent or urgent need to urinate
- Blood in the urine or semen
- Difficulty having or maintaining an erection (erectile dysfunction or ED)
- Continual pain in the bones, including in the lower back, pelvis, hips or thighs.

Faith without works is dead - James 2:14

Tips to reduce your prostate cancer risk:

- Eat a **Mediterranean diet**, rich in whole grains, vegetables, fruits, nuts and seeds.
- Focus on lean protein like chicken, turkey and fish.
- Decrease your fat intake.
- Stay active – aim for at least 150 minutes of moderate exercise each week.
- Maintain a **healthy weight** – aim for a BMI between 18.5 and 24.9.
- Ask your doctor about supplements that may help decrease the PSA level.

Remember: You are your best advocate – speak up and take charge of your health.

MD Anderson offers prostate cancer screenings at West Houston Diagnostic Imaging Clinic and in the Texas Medical Center.

To schedule a screening, call MD Anderson at 1-833-314-2919.

Try out this healthy and easy recipe from the American Institute of Cancer Research:
Turkey pot pie with cornbread crust



Open your camera or QR code reader to scan the QR code to view the recipe

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