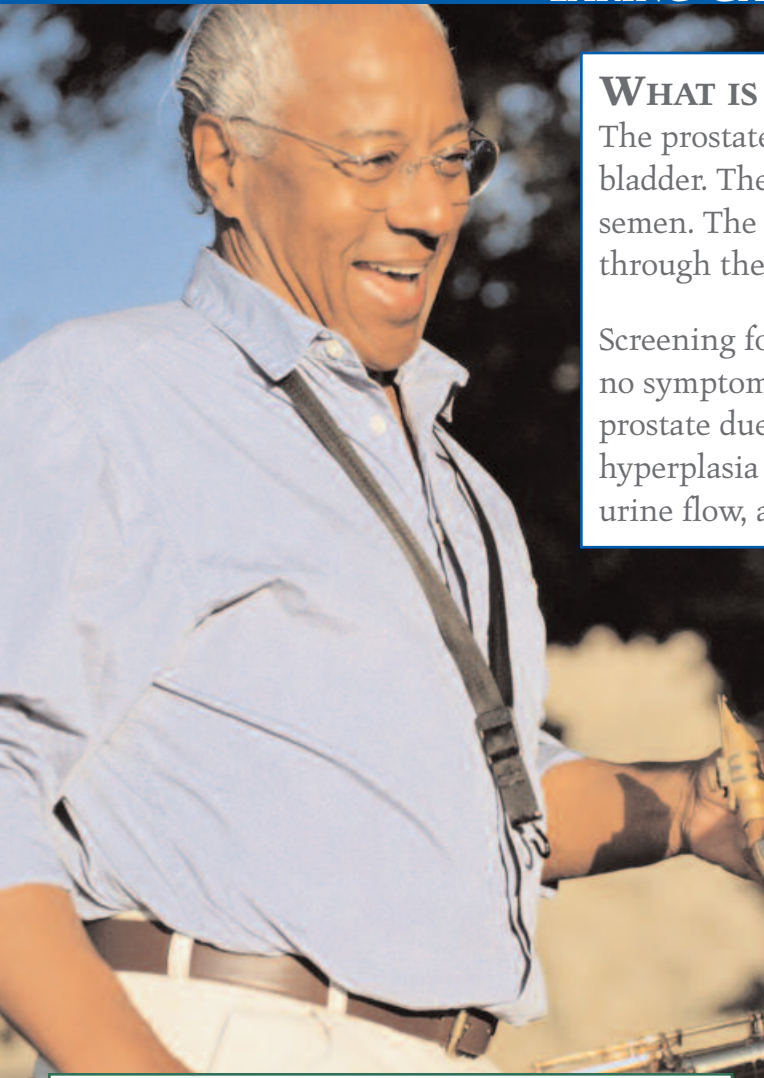


# SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

TAKING CARE OF OUR MEN



## WHAT IS THE PROSTATE?

The prostate is a walnut sized gland around the urethra below the bladder. The prostate and other glands secrete fluids that make up semen. The urethra is a tube that carries urine out of the body through the penis.

Screening for prostate cancer is important because there are usually no symptoms in its early stages. Men experience problems with the prostate due to a non-cancerous condition known as benign prostatic hyperplasia (BPH). BPH may cause the prostate to grow larger, block urine flow, and inhibit sexual functioning.

## SYMPTOMS ASSOCIATED WITH BPH OR PROSTATE CANCER MAY INCLUDE:

- Frequent urination, especially at night.
- Difficulty urinating.
- Pain or burning sensation when urinating.
- Difficulty starting or stopping the flow of urine.
- Pain or stiffness in the lower back, hips, or thighs.
- Pain during sex.

The symptoms could mean benign prostatic hyperplasia (BPH) or prostate cancer. Regular check-ups are very important. See your doctor to be sure.

## facts about prostate cancer

**African American men have a higher chance of getting prostate cancer and a higher chance of dying from it.**

- A digital rectal examination and prostate-specific antigen (PSA) blood test are recommended diagnostic tools for early detection.
- For African American men whose father, uncles or brothers had prostate cancer, screening may be recommended at an earlier age.
- 73% of cases are found in men age 65 and older.
- Early diagnosis improves survival rates.
- Prostate was the most commonly diagnosed form of cancer among men in Florida in 2000.
- In 2004, it is estimated that approximately 17,000 men in Florida will be diagnosed with prostate cancer and approximately 2,220 men will die..

Data Source: American Cancer Society, 2004

THE FLORIDA DEPARTMENT OF HEALTH  
BUREAU OF DISEASE PREVENTION AND  
HEALTH PROMOTION  
[www.doh.state.fl.us/family/cancer](http://www.doh.state.fl.us/family/cancer)



# THERE IS SOMETHING WE CAN DO.

Just because a man is at risk, doesn't mean prostate cancer is inevitable. But early detection is his best chance of beating the odds if the condition does develop.



THE MEN IN OUR LIVES ARE WORTH PROTECTING.  
EDUCATION IS THE KEY.

## TREATMENTS FOR PROSTATE CANCER

- **Awareness** and regular examinations to ensure the cancer does not spread.
- **Cancer drugs** and hormone therapy: Therapy to lower levels of testosterone (the male hormone) in the body.
- **Surgery:** As a last resort, the procedure removes the prostate gland in cases where the individual is in otherwise good health and is expected to live at least 10 more years.
- **Radiation:** External-beam radiation therapy which destroys the cancer cells in the body. Seed implant therapy (brachytherapy) implants radioactive seeds in the prostate to destroy cancer cells.

## OTHER IMPORTANT CONSIDERATIONS:

- Learn as much as you can about prostate cancer and treatments.
- Talk to survivors of prostate cancer.
- Seek a second opinion.
- Explore all possibilities with your doctor.

The Florida Department of Health urges men to learn about prostate cancer, be aware of its symptoms and get a regular checkup, especially African-American men.

Florida Department of Health  
Bureau of Chronic Disease  
Prevention and Health  
Promotion  
[www.doh.state.fl.us/family/cancer](http://www.doh.state.fl.us/family/cancer)

Centers for Disease Control  
and Prevention  
[www.CDC.gov](http://www.CDC.gov)

Cancer Information System  
1-(800)-4-CANCER