Men's Health

Prostate Cancer Attacks 1 In 8 Men

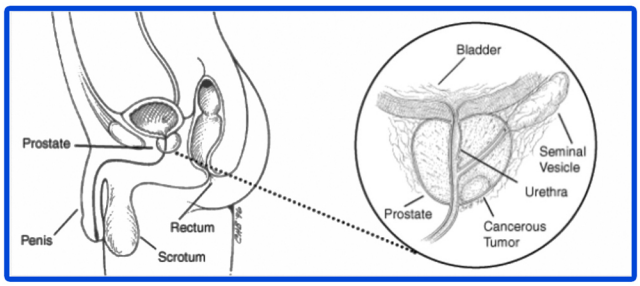
Your Essential Quick Read

Prostate Cancer is Arizona's #1 Killer among male-specific cancers.

This piece of paper won't protect you; it's up to you, and choosing to take control.

The Prostate

The prostate is a walnut-sized gland in the male reproductive system, located below the bladder; it surrounds the urethra through which urine flows from the bladder to outside the body. The prostate gland secretes a fluid that protects sperm.



Prostate Cancer

Prostate cancer occurs when cells of the gland grow and divide uncontrollably, leading to growths, or tumors. Prostate cancer in its early stages usually has no symptoms. Prostate cancer is the most diagnosed cancer in men, and the second leading cause of male deaths among all cancers. Higher risk exists in men with a positive family history of prostate cancer, in African-American men, and in men who have been exposed to Agent Orange.

Becoming Informed and Aware

There is no simple single test for prostate cancer, however, periodic two-part PSA (prostate specific antigen) blood test and DRE (digital rectal exam) screenings can identify a further testing need.

Every man should have a discussion with his doctor about prostate cancer risk and screening. After the discussion, the decision to be screened is up to the man, based on what is important to him. This is called INFORMED OR SHARED DECISION MAKING. A useful tool for you to review and take to your discussion with your doctor can be found here:

www.prostatecalif.org/patient-guide

The National Alliance of State Prostate Cancer Coalitions recommends a baseline PSA and DRE screening beginning at age 40 (at 35 for higher risk men), and periodically thereafter, depending on screening results. You should know and keep track of all your PSA measurements, and ANY CHANGE IN YOUR PSA should be discussed with your doctor.

You want to identify prostate cancer when it is most curable/treatable, before it spreads elsewhere in your body. Man up and TAKE CONTROL.

Arizona Prostate Cancer Coalition

NASPCC National Alliance of State Prostate Cancer Coalitions

For more information, please visit:

www.naspcc.org

www.azprostatecancercoalition.org