Prostate cancer is the most common non-skin cancer among American men. Prostate cancer begins in the tissues of the prostate gland, which is the male sex gland responsible for the production of seminal fluid, located just below the bladder and in front of the rectum.

WHAT EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER

Prostate cancer is one of the most treatable malignancies. If caught early, it is important to consider the side effects of treatment. Because prostate cancer is one of the most treatable malignancies when caught early, it is important to consider the side effects of treatment.

Men who require treatment typically choose between surgery or radiation therapy. But many also opt for active surveillance as a first step. Men who use testosterone to lower testosterone and other hormones before they are treated with radiation.

FAMILY HISTORY

Men with an immediate blood relative, such as a father or brother, who has had prostate cancer are more likely to develop the disease.

RISK FACTORS

- Men who are at risk for prostate cancer should have prostate exams at age 40.
- About 2.9 million American men who were diagnosed at some point in their lives are still alive today.
- More than 201,360 new cases of prostate cancer in men were reported in 2017.
- About 1 in 7 men will be diagnosed with prostate cancer during his lifetime.
- Nearly one half of men will be diagnosed before age 50.
- More than 20% of deaths from prostate cancer occur in men under 65.
- African-American men are about 2.9 times as likely to be diagnosed with prostate cancer than Caucasian or Hispanic men.
- Caucasian or Hispanic men are more likely to develop prostate cancer than African-American men.
- Men are monitored closely for changes in the size and stage of the tumor, as well as patient's age and physical fitness.
- About 30% of men have PSA levels above normal levels.
- Other signs and symptoms include:
  - A change in the stream when urinating
  - Blood in urine
  - Difficulty urinating
  - Burning or pain when urinating once in a while
  - Blood in semen
  - Swelling in legs or feet
  - Painful ejaculation

PREVENTION AND SCREENING GUIDELINES

- Digital rectal exam: The most important test for prostate cancer.
- PSA test: A simple blood test that measures PSA levels in the blood.
- PSA velocity: Measures how fast your PSA level is rising.

For more information, call 1-800-296-9333.