



Prostate cancer is cancer of the prostate gland, a walnut-sized gland found below the bladder and in front of the rectum in men. In the United States, prostate cancer is a leading cause of cancer death among men, second only to lung cancer. Current estimates indicate that 1 in 6 men will develop the disease and that 1 in 35 men will die of prostate cancer. Fortunately, prostate cancer is being detected earlier and the death rate associated with the disease is decreasing.

### ARE YOU AT RISK FOR PROSTATE CANCER?

The following risk factors are among those that have been linked to prostate cancer. Many people with one or more risk factors never get cancer, while others with this disease may have had no known risk factors, according to the American Cancer Society.

- **AGE:** The majority of prostate cancers, as many as 2 out of 3, occur in men over age 65.
- **FAMILY HISTORY:** Men who have a family history of the disease, particularly a father or brother who was diagnosed at an early age, have an increased risk for prostate cancer.
- **RACE:** African-American men have higher rates of prostate cancer than men of other races.
- **DIET:** Prostate cancer is more common among men who tend to eat a lot of high-fat dairy products and red meat. To decrease risk of developing prostate cancer, eat at least 5 servings of fruits and vegetables every day.

### PSA EXAMS

Prostate cancer can often be found early by testing the amount of prostate-specific antigen (PSA), a substance made by the prostate gland, in the blood. Elevated PSA levels can indicate prostate cancer. However, it is important to note that elevated PSA levels can also be caused by other non-cancerous conditions such as swelling, inflammation or infection.

### EARLY DETECTION

The American Cancer Society recommends that doctors discuss the pros and cons of testing with men on an individual basis so each man can decide if testing is right for him. Age and health are important factors.

If a man chooses to be tested, the American Cancer Society states that the tests should include a PSA blood test and DRE (digital rectal exam) yearly, beginning at age 50, for men at average risk. Men at high risk should start at age 45.

**Discuss the benefits and risks of testing with your physician so that you can make an informed decision regarding whether or not to be tested.**



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## PROSTATE CANCER: GIVE YOURSELF AN ADVANTAGE

Prostate cancer rates are up among American men—but the death rate associated with the disease is down. Why? The American Cancer Society says it is most likely due to increased testing and earlier diagnosis. Protect yourself with a prostate cancer screening.

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the Regional Medical Center

Call Pam Coleman, Employer Relations Manager, at 803-395-2527 for information on upcoming free prostate screenings.