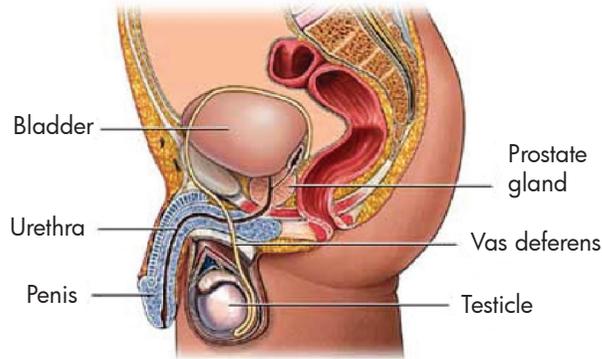


What is Prostate Cancer?

Prostate Cancer Kills One Man
Every 15 Minutes
Don't Be One of Them

What You Should Know About Prostate Cancer



The prostate is part of the male reproductive system, located below the bladder and just in front of the rectum. It is a walnut-size gland that manufactures fluid for semen.

Prostate cancer is a disease that affects the cells in the prostate. If cells divide in an abnormal way, they can form a tumor. Cancerous prostate tumors can block the flow of urine and, left untreated, can spread to other parts of the body.

Prostate Cancer is the most common invasive cancer in men. The American Cancer Society estimates that 248,530 men will be diagnosed this year with the disease in the United States, and about 34,130 will die; in Texas alone, about 14,200 will be diagnosed. If detected early, prostate cancer is often curable.

The majority of newly diagnosed prostate cancers are localized. (In other words, the tumor growth has not spread beyond the prostate gland). This is good news; early detection allows more treatment options.

Prostate cancer, in its early stages, may not cause symptoms. Once prostate cancer is detected, several treatment options may be recommended. Please consult your doctor, visit www.ntxpcacoalition.org or www.ustoo.org to find out more about the risks and benefits of each option.

Lifetime Risk of being diagnosed with Prostate Cancer is:*

- 1 in 8 Overall**
- 1 in 6 for African Ancestry,***
- 1 in 4 for men with Family History* ****

The older you are, the greater the risk of getting prostate cancer. See the chart below:*

AGE	RISK
0 – 49	1 in 451
50 – 59	1 in 55
60 – 69	1 in 20
70+	1 in 12
Lifetime	1 in 8

*American Cancer Society, Us TOO

** Sloan Kettering

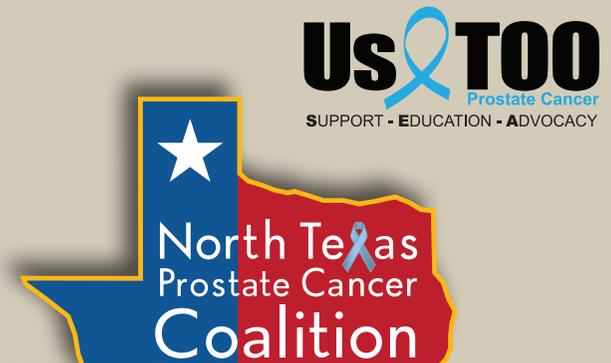
FOR MORE INFORMATION GO TO



www.ntxpcacoalition.org



www.ustoo.org



Who is at Risk?



One in every eight men will develop prostate cancer during his lifetime. Men of African ancestry are more likely to develop prostate cancer and are more likely to die of prostate cancer than men of other racial/ethnic groups.

Risk Factors for Prostate Cancer include Age, Family History and Race.

Men in high-risk groups (men whose fathers or brothers have been diagnosed with prostate cancer) have an increased chance of being diagnosed with prostate cancer and may consider being tested early. Men exposed to Agent Orange and firefighters are at a higher risk as well.

There are no symptoms for early stages of prostate cancer, so testing is important.

Early Detection is the Key to Successful Treatment. See Your Doctor!

Tell your doctor if you have:

- Trouble urinating
- Frequent urinating, especially at night
- Weak or interrupted urine stream
- Pain or burning when urinating
- Painful ejaculation
- Nagging pain in the back, hips, or pelvis.

Talk to Your Doctor

Different kinds of doctors and other healthcare professionals manage prostate health. They can help you find the best care, answer your questions, and address your concerns. These healthcare professionals include:

- Family doctors and internists
- Urologists, who are experts in diseases of the male reproductive and urinary tract systems
- Urologic oncologists, who are experts in treating cancers of the male urinary and reproductive systems such as prostate cancer
- Radiation oncologists, who use radiation therapy to kill cancer cells
- Medical oncologists, who treat cancers with medications such as hormone treatments and chemotherapy
- Pathologists, who are doctors that find diseases by studying cells and tissues under a microscope
- Nurses and social workers

View these professionals as your partners. Talking openly with your healthcare provider can help you learn more about your prostate changes and tests you should consider.



Early Detection

Testing means looking for signs of disease in people who have no symptoms. So, testing for prostate cancer is looking for early-stage disease when treatment may be more effective. The main testing tools for prostate cancer are the prostate-specific antigen (PSA) test and the digital rectal examination (DRE). The PSA test and DRE cannot tell you if you have cancer, they can only suggest the need for further testing.

PSA Test – This is a simple blood test that measures the level of protein called prostate-specific antigen. PSA is produced by the prostate gland and normally occurs in the blood of all men. Elevated PSA levels can be a sign of prostate cancer or other problems with your prostate gland.

DRE – The digital rectal exam involves a physician inserting a lubricated, gloved finger into the rectum to feel for abnormalities on the surface of the prostate. This test is simple, safe, and only takes about 10 seconds to complete, with minimal discomfort.

There is much controversy regarding recommendations for screening for prostate cancer and there is no general agreement in the medical community. The North Texas Prostate Cancer Coalition supports the National Comprehensive Cancer Network (NCCN) guidelines to test at ages between 45 and 75 for men at average risk and start testing at 40 for men at high risk. There is uniform agreement that an early detection program will likely benefit young men in a predefined high-risk group (African ancestry, family history).