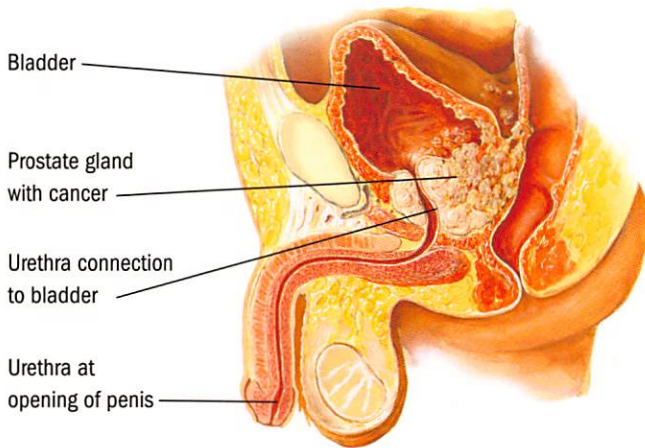


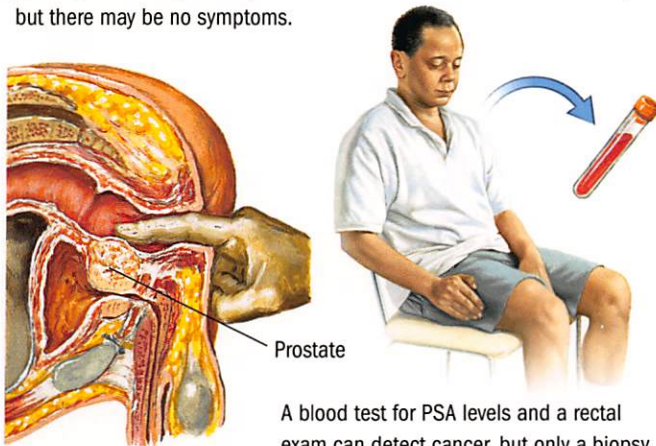
# PROSTATE CANCER SCREENING AND PREVENTION



The survival rate for all stages of prostate cancer has risen in the past 20 years due to early detection and treatment.



The prostate gland is at the base of the urethra near the bladder. A growing cancer may cause pain or interfere with urination or erections, but there may be no symptoms.



A blood test for PSA levels and a rectal exam can detect cancer, but only a biopsy can confirm cancer.

## What Is Prostate Cancer?

Prostate cancer is a growth of abnormal cells in the prostate gland. The prostate is a walnut-shaped gland in the male reproductive tract that makes seminal fluid, which mixes with sperm and other fluids. This gland surrounds the urethra, near its connection to the bladder. The urethra is the tube that carries urine from the bladder, through the penis, to outside the body. Cancer develops when cells mutate and begin to multiply out of control. These cells may spread (metastasize) from the prostate to other parts of the body, especially bones and lymph nodes. In the past 20 years, the survival rate for all stages of prostate cancer has improved because of early detection and treatment.

A higher risk of developing prostate cancer may be related to age (especially older than 65), race (African American), and family history (father, brother).

## What Are the Symptoms of Prostate Cancer?

Early prostate cancer may not cause symptoms. Some men, however, may have pain, difficulty urinating, and rarely problems with erections (erectile dysfunction).

Other symptoms include a weak or interrupted flow of urine, need to urinate often (especially at night), difficulty holding back urine, inability to urinate, pain or burning when urinating, blood in the urine or semen, and nagging pain in the back, hips, or pelvis.

It is important to realize that these symptoms may have other less serious causes, such as benign prostatic hypertrophy (BPH) or infection. Always see your doctor for a diagnosis.

## How Is Prostate Cancer Diagnosed?

The doctor will take a complete medical history and do a physical examination. Other diagnostic tests may include a digital rectal examination (DRE) and a blood test called prostate-specific antigen test (PSA test).

The doctor will usually recommend that a DRE and a PSA be done every year for men older than 50. Men in high-risk groups, such as African Americans or those with a strong family history of prostate cancer, should ask about being tested at a younger age. The diagnosis of cancer can be confirmed only with a biopsy (a tissue sample of the prostate).