



If untreated, prostate cancer can spread to bone and major organs. These are common areas of bone metastases.

Scapula

Ribs

Spine

Pelvis

Femur



Don't smoke.

Get an annual physical including PSA test and rectal exam if you are over 50 or in a higher risk group.

What Are the Complications of Prostate Cancer?

Many prostate cancers don't cause death, but some can spread outside the prostate gland and metastasize through the blood and lymph nodes to bones and major organs. This is known as extracapsular spread.

DOs and DON'Ts in Preventing Prostate Cancer:

- ✓ **DO** have a yearly DRE as recommended by your doctor.
- ✓ **DO** have a yearly PSA test as recommended by your doctor.
- ⊘ **DON'T** ignore possible symptoms of prostate cancer such as pain or difficulty urinating.
- ⊘ **DON'T** smoke.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

American Cancer Society

Tel: (800) 227-2345

Web: www.cancer.org

National Cancer Institute

Tel: (800) 422-6237

Web: www.nci.nih.gov

American Urological Association

Tel: (866) RING-AUA

Web: www.auanet.org/patients/