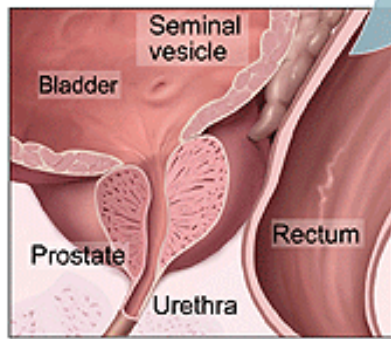
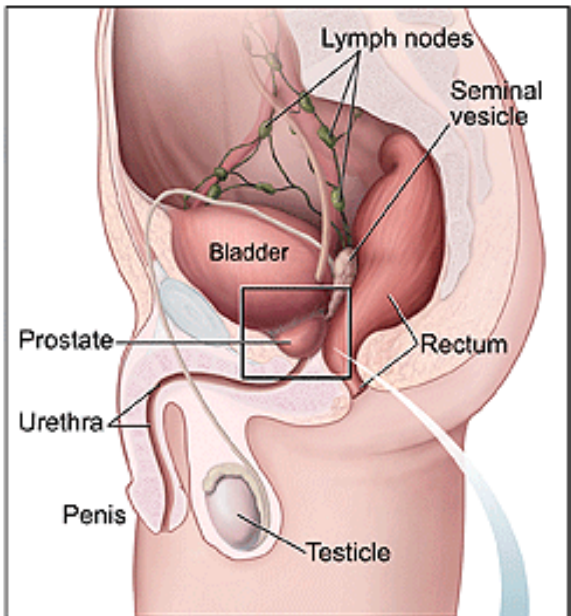


Prostate Cancer

Information Sheet



National Cancer Institute

What is prostate cancer?

Prostate cancer is cancer that starts in a man's prostate.

Your prostate is a gland under the bladder and surrounds the urethra. Your urethra is a tube that carries urine from the bladder through the penis during urination. Your prostate produces fluid that is secreted during ejaculation.

In Wisconsin prostate cancer is the most commonly diagnosed cancer among men.

How can I prevent prostate cancer?

You can lower your chance of developing prostate by making healthy choices.

- Be active and have a healthy body weight
- Eat lots of fruits and vegetables
- Limit foods high in saturated fat (red meat, fried food)

What are the possible symptoms of prostate cancer?

In its early stages, prostate cancer may have no symptoms.

As prostate cancer develops, you may experience:

- Trouble urinating
- Blood in your urine or semen
- Weaker stream when urinating

Talk to your health care provider if you experience any of these symptoms. These symptoms may be caused by something other than cancer, but the only way to know what is causing them is to talk to your health care provider about them.


Are there screening tests that can prevent prostate cancer or find it early?

Different screening tests can be used to find prostate cancer. Each can be used alone. Sometimes they are used in combination with each other.

- Digital Rectal Exam
- Prostate-Specific Antigen Blood Test



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Information adapted from the National Cancer Institute.
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 Turn over for more information

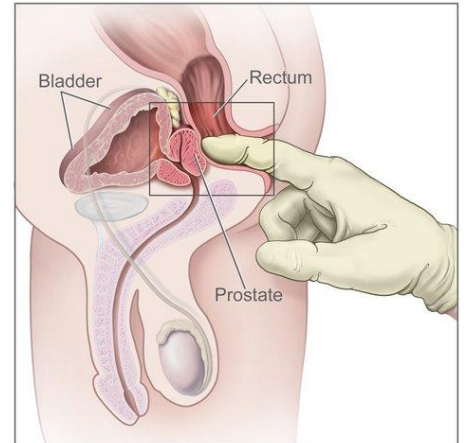
Prostate Cancer

Generally, men should talk to their doctor and consider prostate cancer screening at age 50. If you have a father or brother who had prostate cancer before age 65, you may want to consider prostate cancer screening beginning at age 45.

Talk to your doctor about prostate cancer screening and its risks and benefits.

What do all these tests mean?

- A blood test for **Prostate-Specific Antigen** or **PSA** is a test that checks the level of PSA in your blood sample. A healthy prostate makes PSA at normal amounts. High levels of PSA in your blood could mean that there is a problem with your prostate.
- A **Digital Rectal Exam** or **DRE** is a test that checks for lumps or hard areas in your prostate. During the exam, the health care provider inserts a lubricated gloved finger into your rectum.



The PSA blood test and the DRE can detect a problem in the prostate. However, these tests cannot show if the problem is cancer or a less serious condition. If the tests show abnormal results, your healthcare provider may recommend more tests.

Where can I get more information?

The National Cancer Institute provides accurate and up-to-date information about prostate cancer, other cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

The Rural Cancer Network (RCaN) offers other user-friendly, cancer educational handouts. For more information about questions to ask your doctor about prostate cancer screening, please see the “Prostate Cancer Screening: Questions to Ask Your Doctor” handout.

Website: www.ruralcancernetwork.org

For more local information, please contact:

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