

# QUICK FACTS REGARDING PROSTATE CANCER AND AMERICAN INDIAN MEN

## WHO'S AT RISK

- Native American men living in the Northern Plains Region (includes Michigan) from prostate cancer at double the rate of Native American men living in other regions of the country.
- American Indian men age 40+ are the least likely to have had a PSA test compared to other population groups in Michigan
- American Indian Men age 30+ with a family history of Prostate Cancer

## SYMPTOMS OF PROSTATE PROBLEMS

- Trouble passing urine
- Chills or high fever
- Pain in low back, low belly or groin areas
- Pain or burning when passing urine
- Blood in urine or semen
- Pain in the back, hips or pelvis

## WHAT CAN YOU DO

- If experiencing these symptoms, we encourage consultation with your physician and talk with your health care provider to discuss what types of tests may be best for you.

## THREE METHODS TO TEST FOR PROSTATE PROBLEMS

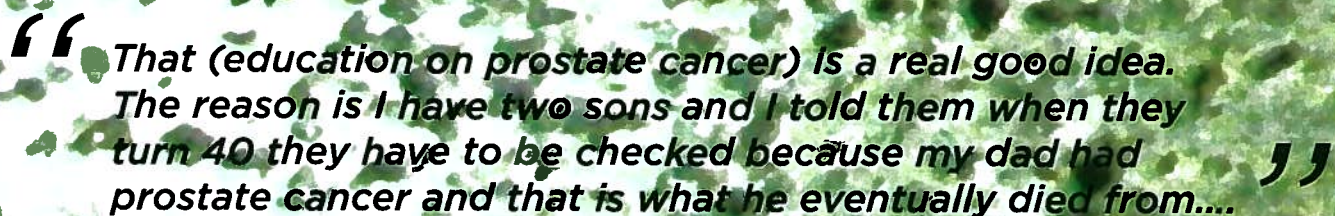
- Digital Rectal Exam - physical examination to feel the prostate.
- PSA (Prostate-specific antigen) which is a blood test.
- Biopsy, a test to check for cancer using a small tissue sample.

## WHERE CAN YOU GET TESTED:

- You can receive testing at your local tribal clinic. Talk with your doctor to see what types of tests may be best for you

## IF DIAGNOSED WITH PROSTATE CANCER

- Approximately 98.9% of men with prostate cancer live at least five years.
- Survival from prostate cancer is greatest if the cancer is detected before it has spread outside the prostate.



***“ That (education on prostate cancer) is a real good idea. The reason is I have two sons and I told them when they turn 40 they have to be checked because my dad had prostate cancer and that is what he eventually died from.... ”***