

What You Need to Know About Prostate Health



A Michigan Cancer Consortium Prostate Health Awareness Program

developed for the Consortium by



the Barbara Ann Karmanos Cancer Institute

in partnership with



the Michigan Department of Community Health
and



the Michigan Public Health Institute

What We Will Talk About

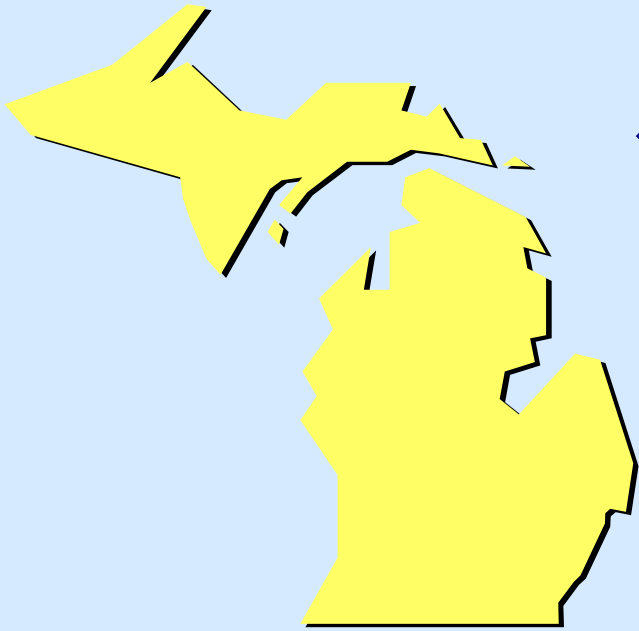
- ❖ Why we need to talk
- ❖ Cancer
- ❖ The prostate gland
- ❖ Risk factors and possible warning signs
- ❖ Non-cancerous prostate problems
- ❖ The risks and benefits of prostate testing
- ❖ Taking action — What you need to do

Why We Need to Talk

- ❖ **Chances for getting prostate cancer**
 - ❖ Common cancer in men
 - ❖ More common than lung cancer



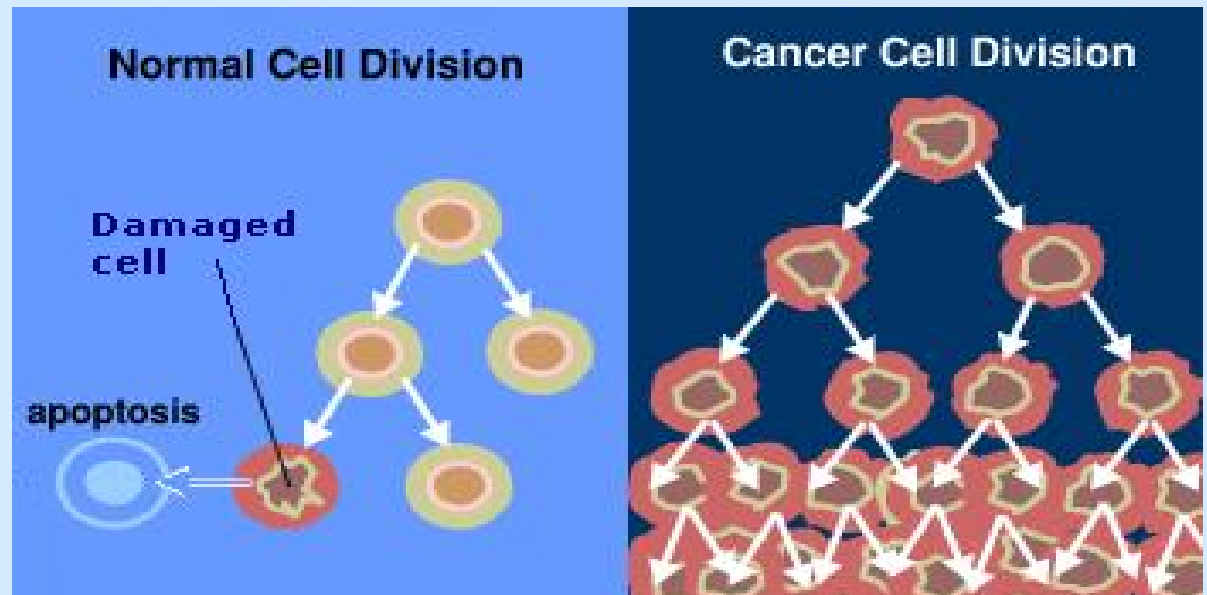
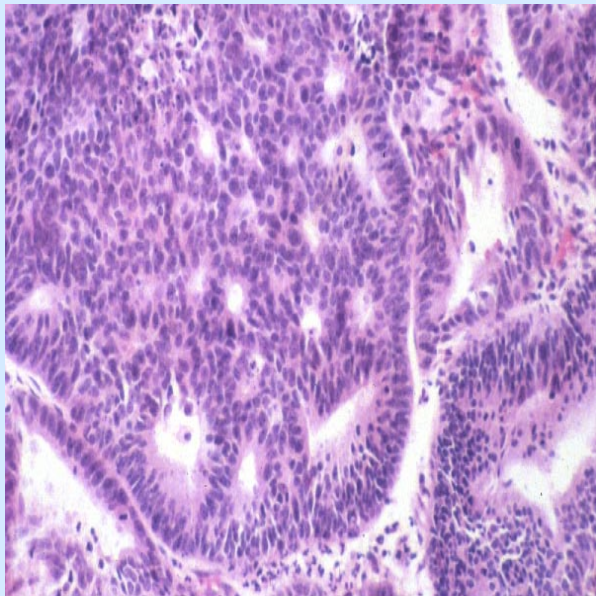
Why We Need to Talk



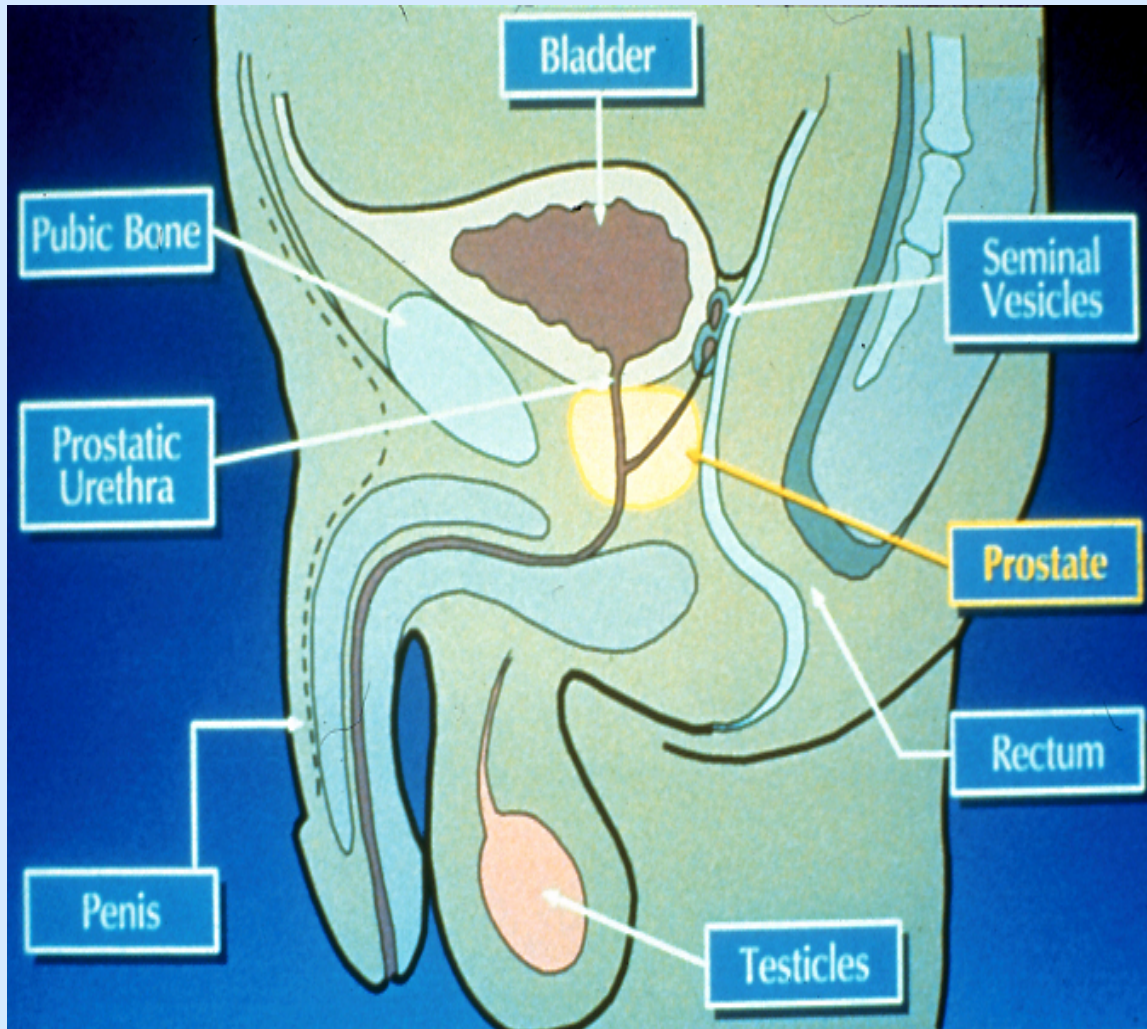
- ❖ **Each year in Michigan:**
 - ❖ nearly 8,540 men receive a new diagnosis of prostate cancer
 - ❖ nearly 1,110 men die from prostate cancer

What is Cancer?

Cancer is more than 100 diseases

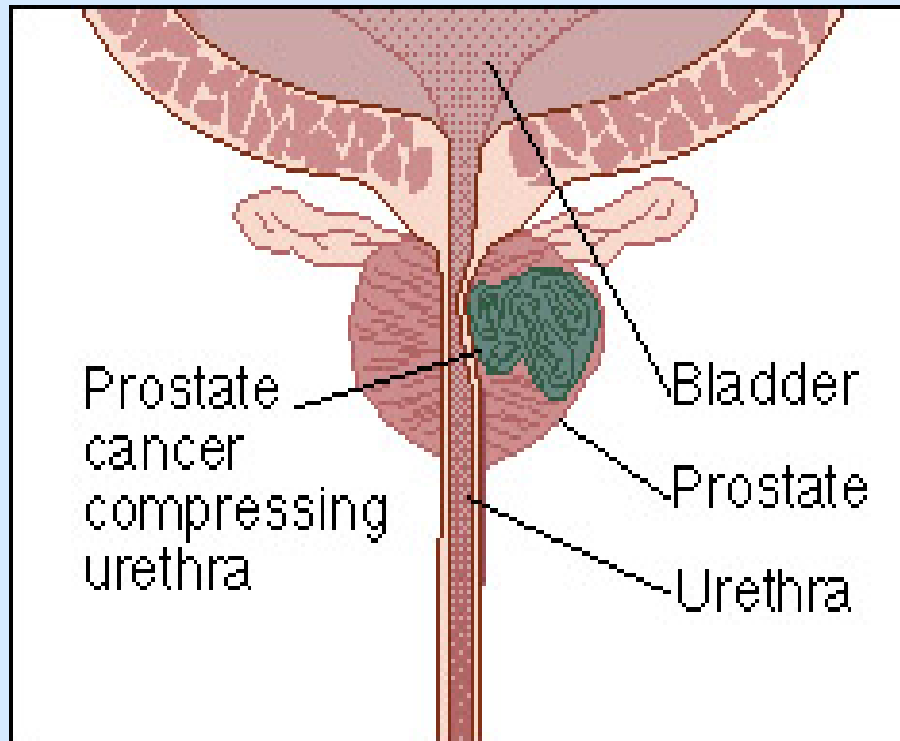


What is the Prostate?



- ❖ A walnut-shaped gland
- ❖ Part of the male reproductive system that produces semen

Cancer of the Prostate



- ❖ A growth of malignant cells
- ❖ Starts as a small tumor in prostate gland
- ❖ Can grow and spread (Metastasis) to surrounding glands and tissues
- ❖ Some prostate cancers grow very slowly and may never have any effect

BUT...

- ❖ Some prostate cancers are very aggressive and spread quickly

Risk Factors

❖ **What is a risk factor?**

Something that may increase a person's chances of developing a disease

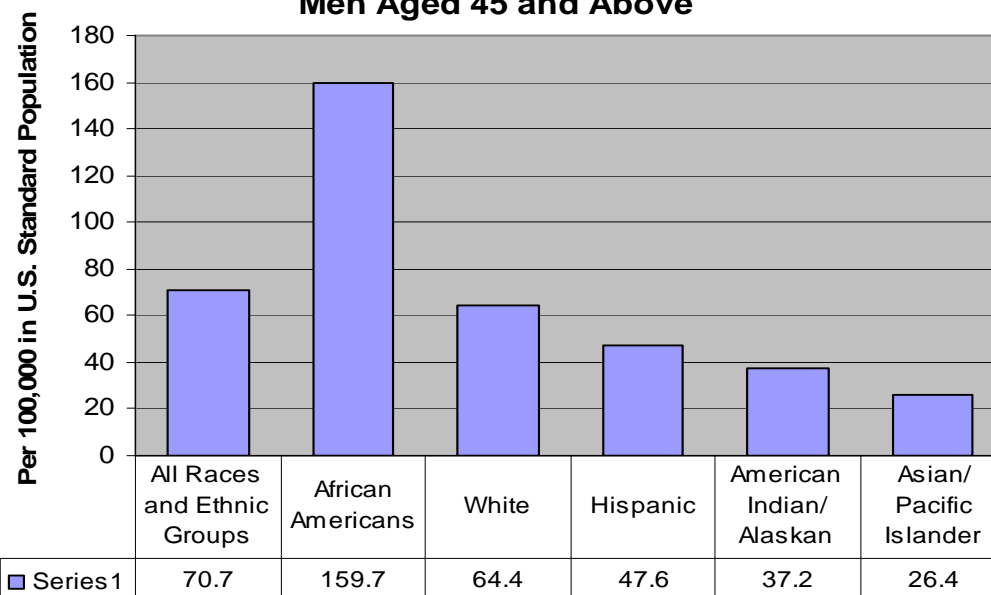
- Your healthcare provider can help you determine your risk factors for cancer and other illnesses

Prostate Cancer: Who is at Risk?

ALL MEN!!

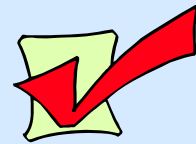


Prostate Cancer Death Rates by Race/Ethnicity in Men Aged 45 and Above

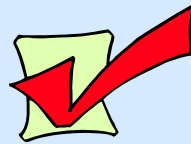


Source: CDC *Prostate Cancer Screening: A Decision Guide for African Americans*

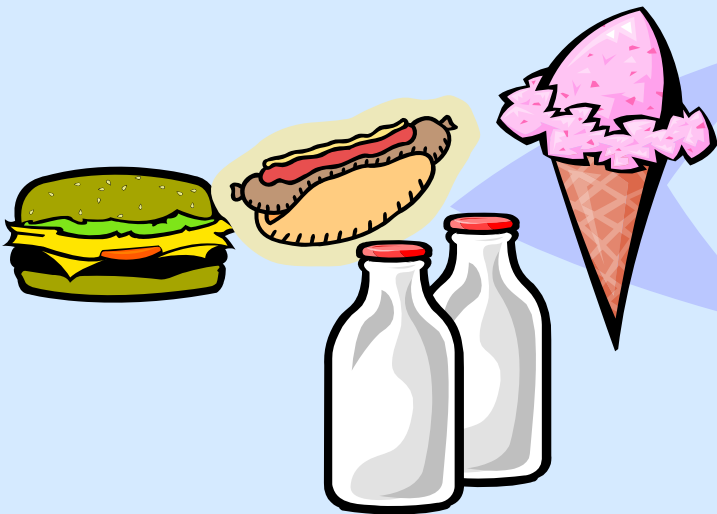
Greater-Than-Average Risk Factors



Being an African-American man



Eating a high-fat diet



Greater-Than-Average Risk Factors

Family History



Warning Signs of Prostate Problems

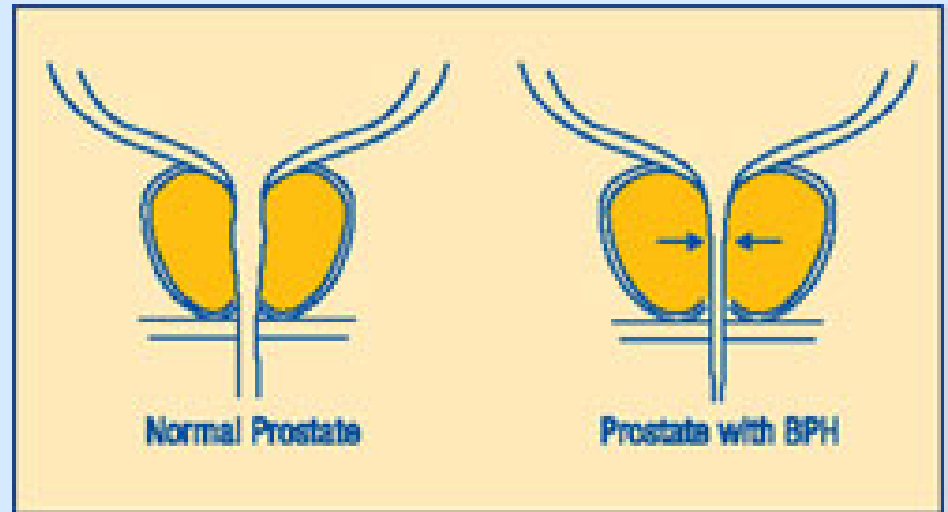
- ❖ Frequent urination, especially at night
- ❖ Difficulty starting or stopping urination
- ❖ Weak or dribbling stream
- ❖ Inability to urinate
- ❖ Pain or burning sensation when urinating
- ❖ Blood in the urine or semen
- ❖ Constant pain in the lower back, pelvis, or upper thigh



NOT ALL PROSTATE PROBLEMS ARE CANCER!

Benign Prostate Hyperplasia (BPH)

- ❖ *Benign*: non-cancerous
- ❖ *Hyperplasia*: excessive growth of tissue



NCI: Understanding Prostate Changes

Benign Prostate Hyperplasia (BPH)

Symptoms

- ✓ Difficulty starting or stopping urination
- ✓ Weak or dribbling stream
- ✓ Incomplete emptying of the bladder
- ✓ Frequent urination, especially at night after going to bed

Prostate Cancer Testing



It Can Save
Your Life!

The **D**igital **R**ectal **E**xam (**DRE**)



How Accurate is the DRE Test?

- ❖ No test is accurate all the time.
- ❖ The DRE is less accurate than the PSA.
But, it can sometimes find cancer in men with normal PSA levels.
- ❖ The DRE may miss small cancers. Therefore, the PSA is usually done with the DRE.

Prostate Specific Antigen Blood Test (PSA)



How Accurate is the PSA Test?

- ❖ No test is accurate all of the time.

PSA accuracy in diagnosis of prostate cancer:

- ❖ African Americans: 40-45%
 - ❖ Caucasians: 30-35%
-
- ❖ A PSA outside the normal range may not indicate cancer, but often leads to further testing.

Benefits and Risks of Prostate Cancer Testing

Benefits

- ❖ Finding prostate cancer early, when treatment can be most effective
- ❖ No problems found provides peace of mind

Risks

- ❖ Since tests aren't perfect, some cancers might be missed
- ❖ False "positive" test results
- ❖ Unnecessary additional tests

Prostate Testing Recommendations

- PSA ?
- DRE ?
- Both ???

THE ANSWER... Making an informed decision with your healthcare provider

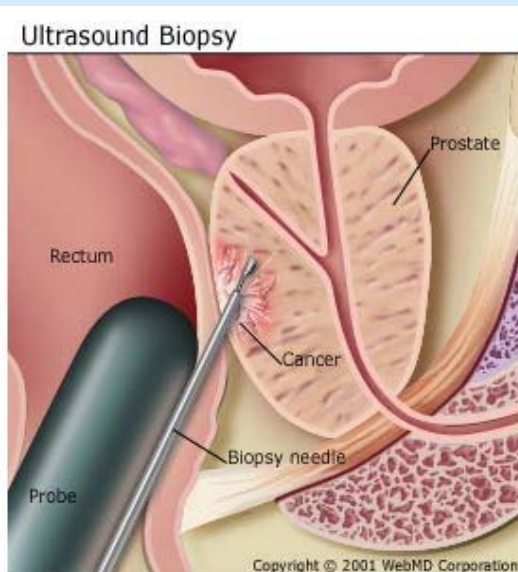
Make the decision that is right for you!

How is Prostate Cancer Diagnosed?



❖ Transrectal Ultrasound

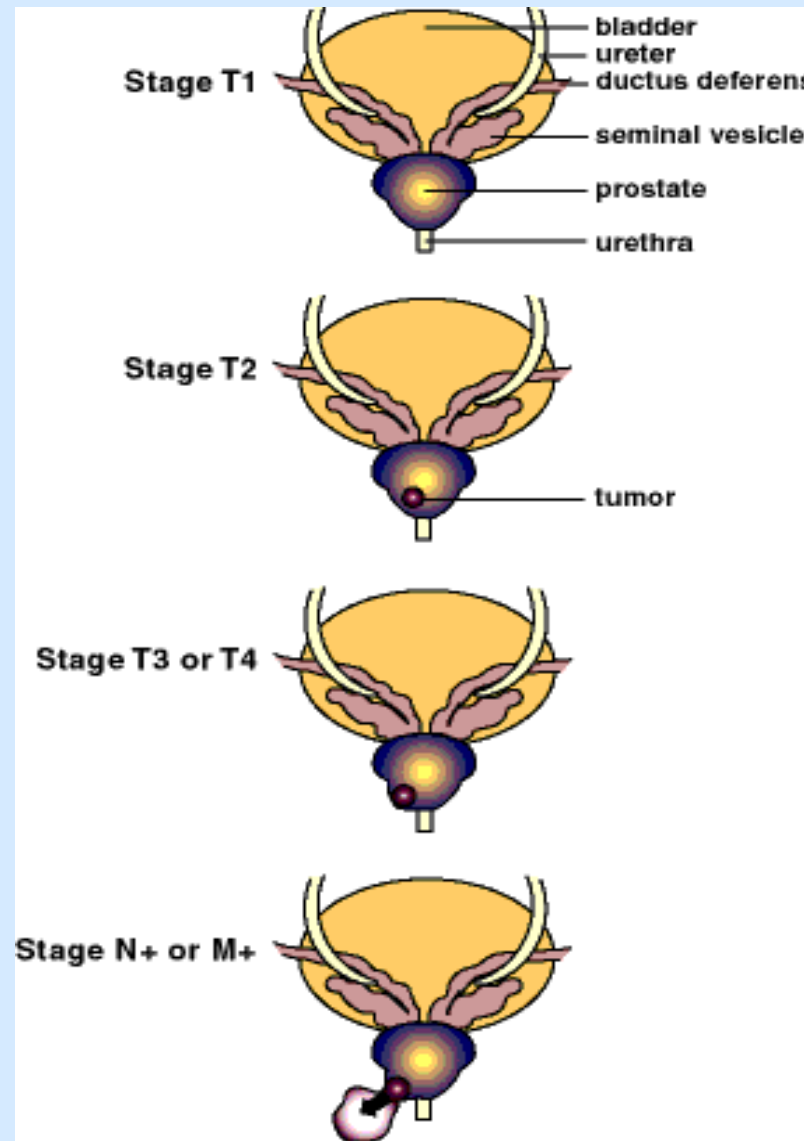
Sound waves produce a picture of the prostate and surrounding areas



❖ Biopsy

Most definitive method of diagnosing cancer

The Four Stages of Prostate Cancer



Treatment Options

When cancer is found early and has not spread:

- ❖ Watchful waiting
- ❖ Surgery
- ❖ Radiation therapy
 - ✓ External radiation
 - ✓ Brachytherapy (internal radiation/seed implants)
- ❖ Hormonal therapy
- ❖ Cryotherapy

Treatment Results

- ❖ 95% of men who are treated when prostate cancer is confined to the prostate gland can be considered cured.
- ❖ Possible side effects:
 - ❖ Impotence
 - ❖ Incontinence
 - ❖ Pain and discomfort of the treatment

Ask About Clinical Trials



Clinical



Bench

Taking Action — What You Need To Do!

Your annual physical exam should include:

- ❖ Talking about colorectal cancer testing
- ❖ Checking for high blood pressure
- ❖ Checking for diabetes
- ❖ Checking your cholesterol
- ❖ Talking about tobacco cessation, if you smoke
- ❖ Talking about prostate health



Taking Action — What You Need To Do!

- ❖ **Discuss prostate testing with your healthcare provider**
 - ❖ Beginning at age 50 for men
 - ❖ Beginning at age 45 for African-American men and men with a family history
- ❖ **Eat healthy!**
 - ❖ Low in saturated fats
 - ❖ High in fiber

Let's Review

Who is at risk?

- ❖ All men

Who is at greater-than-average risk?

- ❖ Men over 45-50
- ❖ African-American men
- ❖ Men who have a family history of prostate cancer (on either their father's and/or mother's side)
- ❖ Men who eat a diet low in fiber and high in fat and red meat

Let's Review

- ✓ Prostate gland & function
- ✓ Prostate testing
- ✓ DRE (digital rectal exam)
- ✓ PSA (prostate-specific antigen)
- ✓ Informed decision-making
- ✓ Diagnosing prostate cancer
- ✓ Treatment options
- ✓ Clinical trials
- ✓ Health resources

Michigan Cancer Consortium

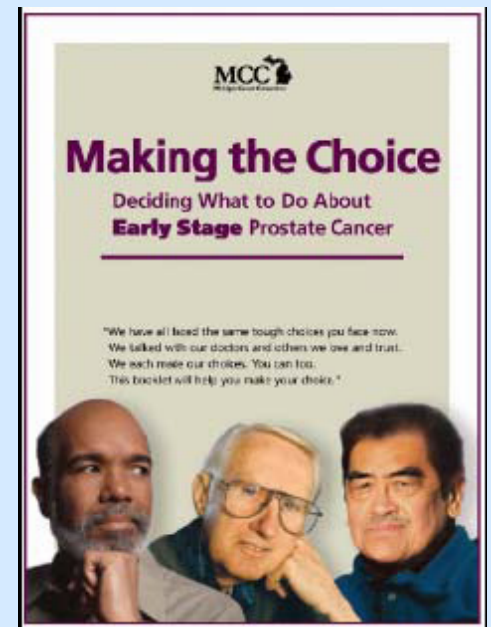
- ❖ Web site: www.michigancancer.org
- ❖ resources for consumers
- ❖ resources for healthcare providers



Resource for Early Stage Prostate Cancer

Making the Choice: Deciding What to Do About Early Stage Prostate Cancer

- ❖ developed by Michigan Cancer Consortium panel of prostate cancer experts
- ❖ available in booklet, audio, and Web-based formats
 - ❖ booklet in English, Spanish and Arabic
- ❖ free of charge to Michigan residents
- ❖ call 800-249-0314 or visit www.prostatecancerdecision.org



Additional Sources of Information

American Cancer Society

www.cancer.org

1-800-ACS-2345

1-800-227-2345

Cancer Information Service (NCI)

www.cancer.gov

1-800-4-CANCER

1-800-422-6237

