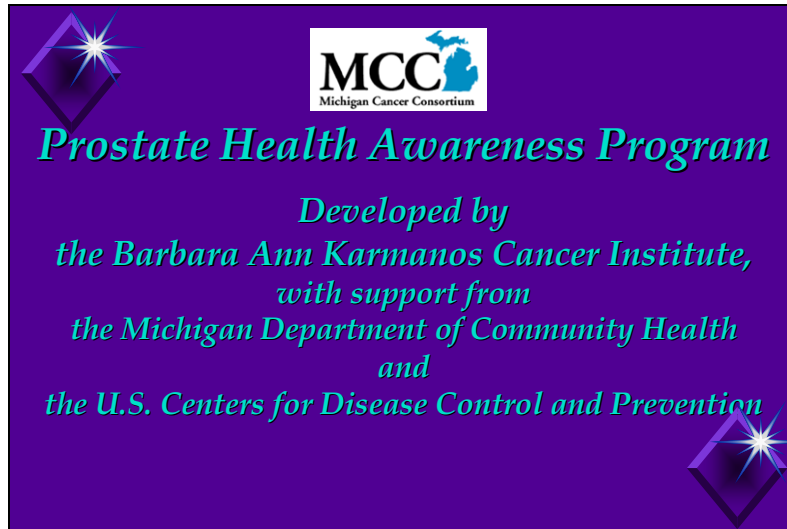




Slide 1



Hello, my name is, _____ and I am a volunteer prostate health education speaker with the Barbara Ann Karmanos Cancer Institute. I am not a medical expert, but I have been trained in various health education topics, including prostate health awareness.

The following Prostate Health Awareness Program was developed by the Barbara Ann Karmanos Cancer Institute, in collaboration with the Michigan Department of Community Health and the U.S Centers for Disease Control.

Before we start the program, please take five minutes to fill out the yellow pre-slide presentation survey and the consent form. The consent form gives us your permission to use your survey to evaluate the curriculum, which is essential in developing an educational tool to help fight prostate cancer. The forms need to be completely filled out in order for us to use them. They will be used only for the purposes described on the consent form. If you have any questions, please let me know.


This is not a test, so if you don't know an answer to a question, please respond, "I'm not sure." Please don't guess.

STOP: Take 3-5 minutes to have participants fill out the survey before continuing to next slide.

(NEXT SLIDE)



Slide 2



Purpose of the Program

- To help you understand more about the prostate gland and prostate cancer.
- To help you understand the risks and benefits of prostate testing.
- To provide you with information to help you talk with a doctor about your prostate health.

The primary reason we are here today is to talk about your prostate health. One of the best ways to address your prostate health, as well as other health issues, is to become more active and aware of your health. So, with that in mind I will start the program by talking about the benefits of healthy living.

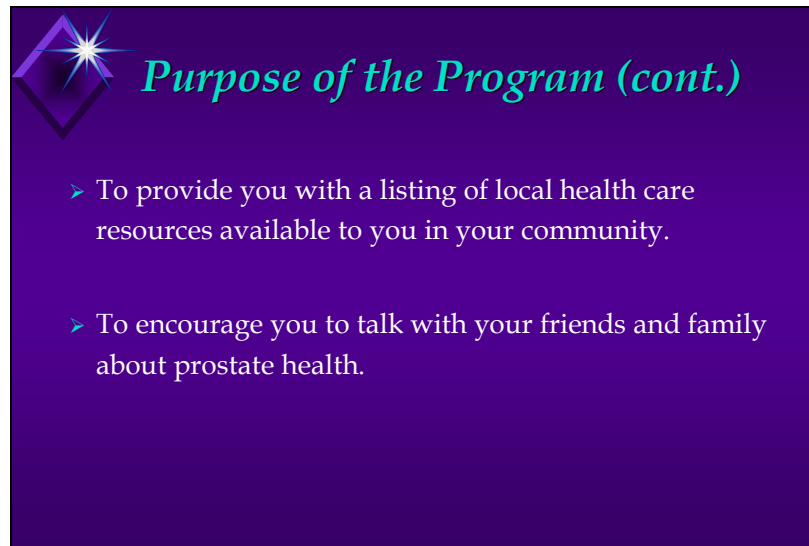
Following our discussion on the benefits of healthy living, we will then talk about your prostate health, specifically.

(READ THE THREE SLIDE BULLET POINTS)

(NEXT SLIDE)



Slide 3

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Purpose of the Program (cont.)

- To provide you with a listing of local health care resources available to you in your community.
- To encourage you to talk with your friends and family about prostate health.

We also want you to become more involved in staying healthy. One way to do this is to be aware of the health care resources available to you in your community. To help with this, at the end of the program, we will provide you with a listing of local health care resources for you to use.

Finally, we will spend a little time talking about how you can use information from this program to help the people you care about to be more aware of their prostate health.

(NEXT SLIDE)



Slide 4



So, what do you do to stay healthy?

***If participants say nothing or give very little feedback,** you will need to PROBE to start the discussion. For example: How many of you watch what you eat? How about exercise, do any of you exercise? Of course, we all know that smoking is very bad for our health.

Going to the doctor is important in trying to stay healthy. But, for many of us, the only time we go to the doctor is when we are really sick. Unfortunately, when we do this, they only address our immediate urgent need. So, why is it important to have a yearly checkup and see a doctor when it is not an emergency?

***If Participants say Nothing or give very Little Feedback** you will need to PROBE into why it is important to have a yearly checkup with the following:
Question: Couldn't one reason for going to the doctor be to catch a health problem early, so it doesn't become serious?

(NEXT SLIDE)



Slide 5



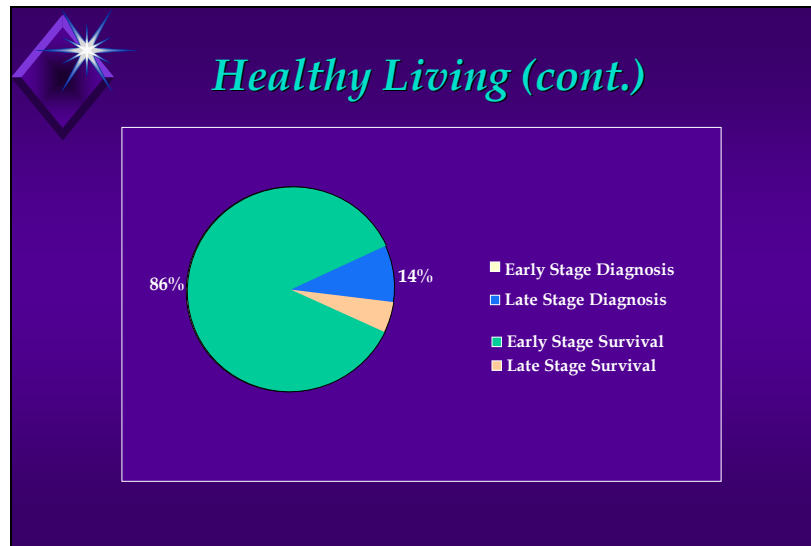
Isn't it also very important to have a yearly checkup so we can support and be around for our family?

Doing everything right, including going to the doctor every year, does not guarantee you won't become sick. But, it can make a big difference in keeping us healthy longer so we can take care of our families.

(NEXT SLIDE)



Slide 6



Now, I would like to turn our attention to healthy living as it relates to prostate health.

For men, being aware of their prostate health is important in staying healthy. Understanding the importance of early detection is part of that “staying healthy” process. For example,

- 86% of all prostate cancers are found in an early stage and the five year survival rate is nearly 100% (**advance slide**)
- 14% of all prostate cancers are diagnosed at a later stage with a five year survival rate of only 34% (**advance slide**)

When we look at this graph, what does the 5-year-survival rate mean to us? It means if a person is cancer free 5 years after being diagnosed, doctors consider this a success. You can see why it is important to talk with a doctor about prostate health before problems arise.

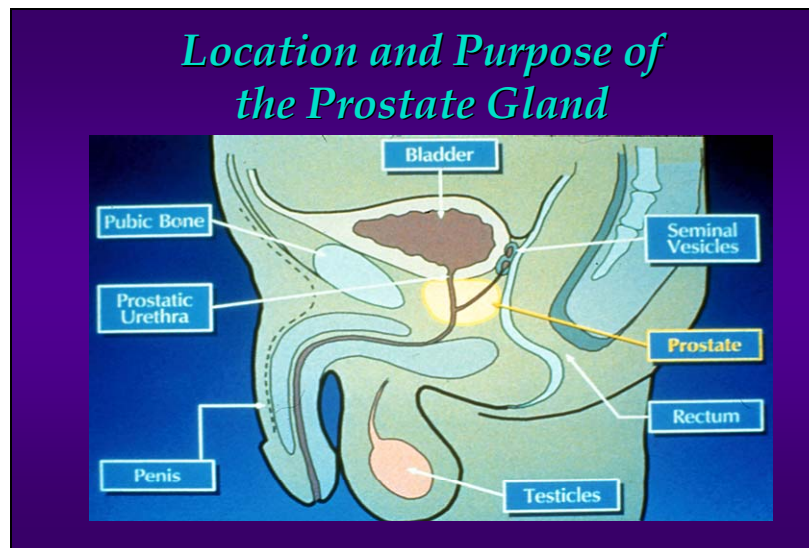
It is not uncommon to think that cancer is death. In fact, some of you may know someone who died from prostate cancer. It may be that they ignored the early warning signs, were scared to talk with a doctor, or could not afford to go to a doctor. But, you can see from this information, that when cancer is caught early, it is not a death sentence.

Now, I would like to turn our attention to specifics about prostate health and prostate cancer.

(NEXT SLIDE)



Slide 7



This picture shows where the prostate gland is located in relationship to the other male organs. Only men have a prostate gland.

So, what is the prostate?

- It is a walnut-shaped gland that is loosely attached to the bottom of the bladder which holds urine.
- It surrounds the urethra (**You-reeth-rah**), which is the tube taking urine out of the body.
- It is part of the reproductive system that produces some of the components of semen.

Where is the prostate gland located?

- The prostate gland is located under the bladder and in front of the rectum.

(NEXT SLIDE)



Slide 8

Who is at Risk for Prostate Cancer?


- **All men** can get prostate cancer.
 - The risk of prostate cancer increases with age.
- **The chance of getting prostate cancer is higher for men who:**
 - Are age 50 and over (45 or older for African American men).
 - Have a close blood relative (father, brother, grandfather or uncle on either your mothers' or fathers' side of the family) who has had prostate cancer.
 - Have a diet low in fiber and high in fat and red meat (may be a risk factor).
 - Are African American

So, who is at risk for prostate cancer? Who is more likely to get prostate cancer?

(READ SLIDE TO AUDIENCE)

And of course the more risk factors you have, the more likely you are to get prostate cancer.

(NEXT SLIDE)



What Is Cancer?

- Cancer is more than 100 diseases.
- Cancer is an uncontrolled growth of cells.
- From these cells tumors are then formed.
- Tumors can spread into adjacent tissues.
- Some cells may break away and enter the blood stream, causing tumors in other parts of the body.

In order to understand what prostate cancer is, I would first like to discuss cancer in general.

So, what is cancer?

- Cancer is a group of unusual cells in the body that grow out of control, spreading into surrounding tissues where they don't belong and forming a mass causing malignant or cancerous tumors.
- Some cells may break away from the mass and enter the blood stream, causing tumors in other parts of the body.


There are two primary types of tumors:

- **Malignant** tumors **ARE** CANCEROUS.
 - They can spread.
 - They can destroy healthy tissues and organs.
- **Benign** tumors **ARE NOT** CANCEROUS.
 - They do not spread
 - They are seldom life threatening

(NEXT SLIDE)



Slide 10



What Is Prostate Cancer?

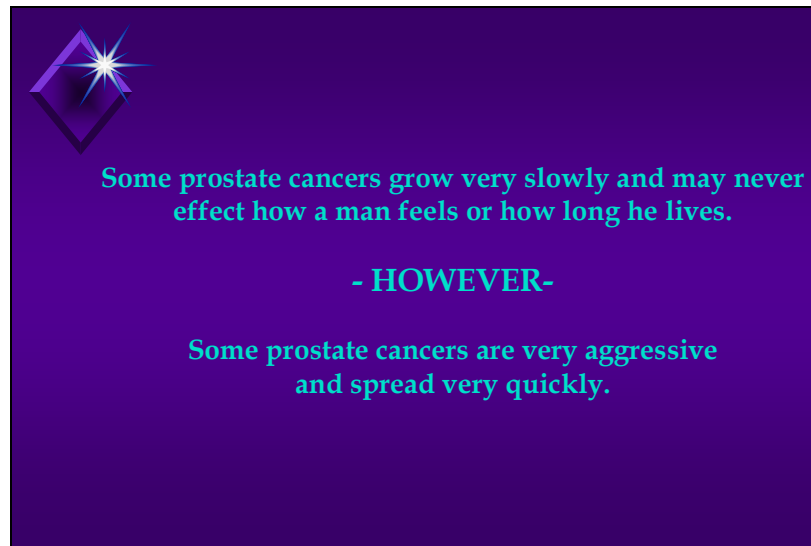
- A growth of malignant cells.
- Prostate cancer begins with a small tumor in the prostate gland.
- The cancer can grow and spread beyond the prostate to surrounding glands and tissues.

So, what is prostate cancer? ***(READ SLIDE TO AUDIENCE)***

(NEXT SLIDE)



Slide 11



(READ SLIDE TO AUDIENCE)


It is important to note that prostate cancer grows at different speeds in different men.

Compared to other cancers, most prostate cancers grow very slowly. Therefore, there may be little or no effect on how a man feels, or how long he lives.

Other prostate cancers can grow very fast and spread beyond the prostate gland to other parts of the body.

Unfortunately, doctors usually cannot tell if a man has a cancer that is either fast or slow growing..

(NEXT SLIDE)



*Possible Warning Signs
of Prostate Problems*

- Frequent urination, especially at night.
- Difficulty starting or stopping urination.
- Weak or dribbling stream.
- Not able to urinate.
- Pain or burning sensation when urinating.
- Blood in the urine or semen.
- Constant pain in the lower back, pelvis, or upper thigh.

What are the possible warning signs of prostate problems that men should be aware of?

(READ WARNING SIGNS TO THE AUDIENCE.)

Many men pay no attention to the signs, but they should. Some men believe that going to a doctor when you are not feeling well is a sign of weakness or that you are not a **MAN**. That works fine for the symptoms of a cold. But, if you have any of the warning signs we just discussed, you need to see a doctor so you can keep being the **MAN** your family and friends can count on.

Many people are afraid to find out if they are sick. They want to believe that what they don't know won't hurt them. What if your father was having some of these symptoms? Wouldn't you want him to go to the doctor and get checked, so if needed, he could be treated? That is how your family and friends feel about you. Don't wait. Treatment for any disease is most successful when caught early. Only a doctor can tell you what these warning signs mean. So again, it is very important to visit a doctor to talk about your prostate health.

(NEXT SLIDE)



NOT ALL Prostate Problems are Cancer

**Some pProblems can be caused by BPH
or
Benign Prostate Hyperplasia**

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

It is very important to note that NOT ALL prostate problems are cancer.


Some problems can be caused by BPH, or Benign Prostate Hyperplasia (be-NINE PRAH-stat High-per-PLAY-zha).

So, what is BPH?

The prostate often enlarges as men age. When the prostate enlarges, it can pinch the urethra (tube carrying urine) causing the symptoms of BPH. These symptoms include:

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

(NEXT SLIDE)

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***Benign Prostate Hyperplasia
Symptoms (cont.)***

- Early warning signs of prostate cancer and BPH are identical.
- 50% to 75% of all men over age 50 experience one or more symptoms associated with BPH and prostate cancer.
- Most men with symptoms do not have cancer.
- Experiencing one or more of these symptoms does indicate something is not normal.

The first possible early warning signs of of prostate cancer and BPH are identical. This is why so many men disregard these signals.

In fact, 50% to 75% of all men over age 50 experience one or more of these symptoms. Yet, most men with symptoms do not have cancer.

Experiencing one or more of these symptoms does not indicate prostate cancer. But, It does indicate something is not normal.

Only a doctor can distinguish between BPH and prostate cancer. If you experience any of these symptoms, **SEE A DOCTOR.**

It really makes good sense to have an annual check-up, even if you are not troubled by these symptoms and talk with a doctor about **YOUR** prostate health.

(NEXT SLIDE)



Slide 15



There are four stages of prostate cancer: stages A, B, C, and D.

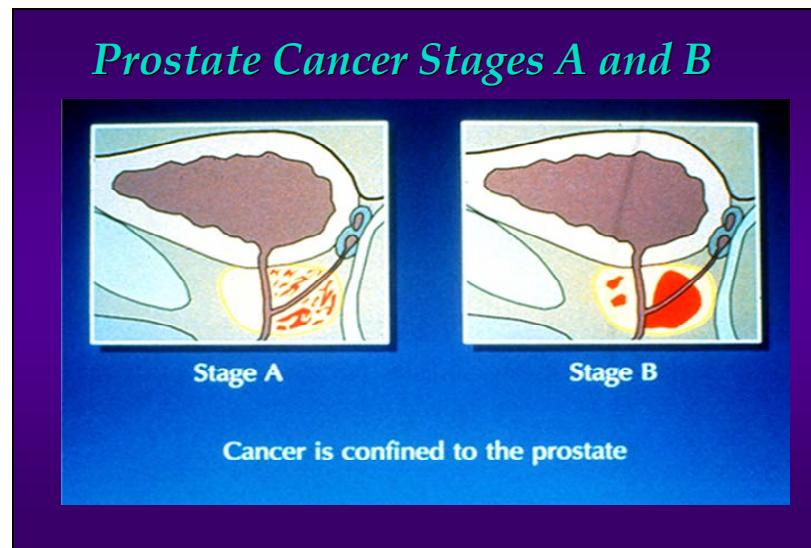
How far the cancer has spread within the prostate gland -- and beyond the prostate gland -- determines the stage or progression of prostate cancer.

The stage of prostate cancer then determine treatment choices.

(NEXT SLIDE)



Slide 16



Stage A Prostate Cancer: This is when prostate cancer is most curable, because it is still confined to the prostate gland.

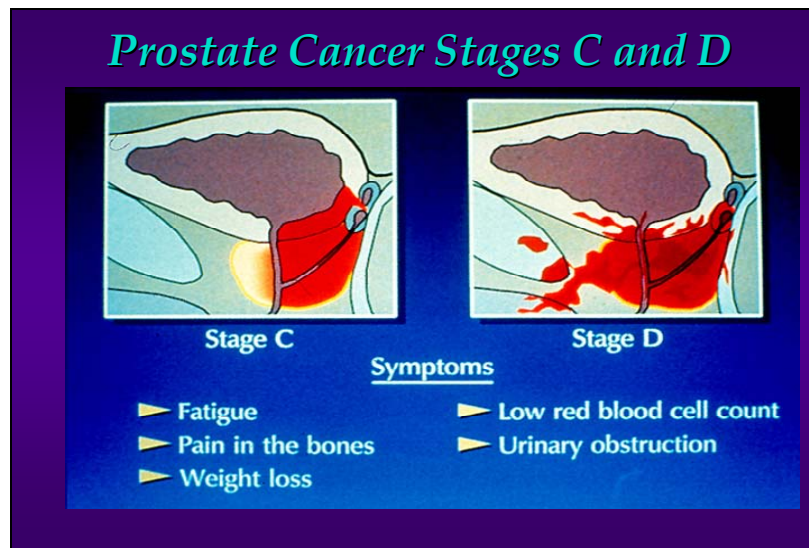
Stage B Prostate Cancer: Here also, the cancer is still confined to the prostate gland. But, the tumor is now large enough for a doctor to feel it during an examination. Additionally, you may have **possible** warning signals, such as frequent urination at night and a weak urine stream. Cancer in this stage still remains the most curable.

When cancer is confined to the prostate gland as in both stage A and B, you may have symptoms, but not always.

(NEXT SLIDE)



Slide 17



Stage C Prostate Cancer: The cancer has spread to other areas (tissues) next to the prostate gland, causing more damage. Symptoms at this stage may include difficulty in urinating, being tired, or unexplained weight loss.

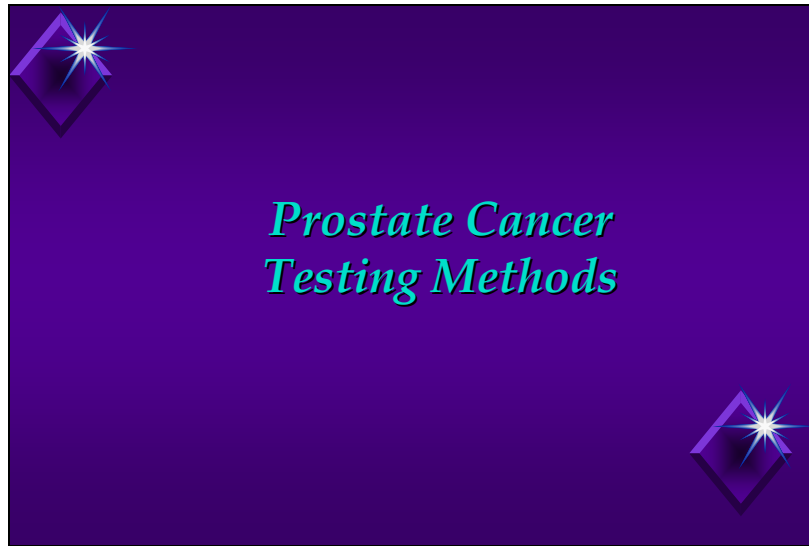
Stage D Prostate Cancer: The cancer has spread to other parts of the body, most often to bone and lymph nodes. The person may not be able to urinate at all. There may be pain in the bones.

At these stages, treatment directed towards prostate cancer can help control symptoms, but the cancer may no longer be curable.

(NEXT SLIDE)



Slide 18



Now that you know what prostate cancer is, who is at risk, and what the symptoms of prostate cancer are, I would like to discuss the different testing methods and how accurate they are in detecting cancer.

Prostate cancer testing methods include:

- **The Digital Rectal Exam or DRE (and)**
- **The Prostate Specific Antigen Blood Test or PSA**

(NEXT SLIDE)



This is the **DRE** or **D**igital **R**ectal **E**xam, which is part of prostate testing.

The doctor uses a well lubricated sterile gloved finger, which he inserts into the rectum to feel the prostate gland for:

- Enlargement
- Changes in shape, or
- Lumps that may indicate a tumor

This is obviously a test that makes men uncomfortable. But, we need to keep in mind that it is a medical procedure conducted by a specialized medical doctor. We have to remember that this medical procedure could save our lives, so we can be around for our families. So, **YOU** need to talk with your doctor now about your prostate health.

(NEXT SLIDE)



Prostate Specific Antigen Blood Test (PSA)



This is the **PSA**, or **Prostate Specific Antigen** blood test. It, too, is part of prostate testing.

The PSA measures a chemical (antigen) in the blood, which is produced by the prostate gland. The PSA level considered normal by most doctors is between 0.0 and 4.0.


A high level, however, does not necessarily mean that a man has cancer. The level can increase in men who have prostate cancer, Benign Prostate Hyperplasia (BPH), prostatitis (infection of the prostate gland), or it may occur naturally as they age.

If the PSA level is high, a doctor may recommend further testing to determine if prostate cancer is present.

(NEXT SLIDE)



Slide 21



*How Accurate are the DRE
and PSA Tests?*

- No test is accurate all the time.
- The DRE is less effective than the PSA, but can sometimes find cancer in men with a normal PSA level.
- The DRE may miss cancers, therefore the PSA is usually conducted with the DRE.

(READ SLIDE TO AUDIENCE)

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Slide 22



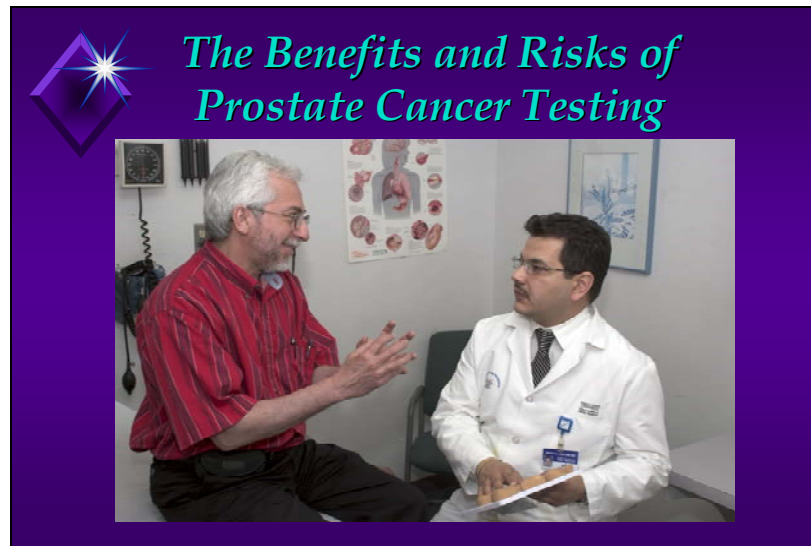
How Accurate are the DRE and PSA Tests? (cont.)

- A PSA outside the normal range may not indicate cancer.
- A borderline or high PSA could mean prostate cancer.
- If a PSA is high, the patient and the doctor will have to decide whether to have further testing.

(READ SLIDE TO AUDIENCE)

If you and your doctor decide you should get tested, then you should have both the DRE and the PSA test.

(NEXT SLIDE)



There are both benefits and risks of prostate health testing. So, if you decide to get tested, REMEMBER:


- When prostate testing finds a cancer, doctors cannot tell the difference between slow and fast growing cancers. Some cancers may grow so slowly, and a man may never need treatment. But, because doctors cannot be certain which cancers will grow slowly, some of these cancers are treated with possible temporary and/or permanent treatment side effects.

That's why it is very important for you to talk with a doctor about your prostate health, so you can make an informed decision, or a decision based on understanding the important information about your prostate health. Then you can decide if prostate testing is right for you.

(NEXT SLIDE)



Slide 24

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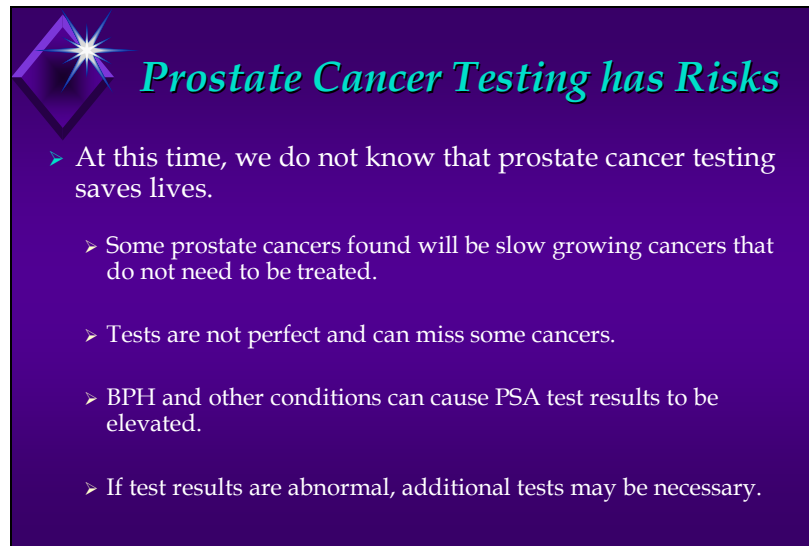
Prostate Cancer Testing Benefits

- The DRE and PSA may find prostate cancer early, when treatment can be most helpful.
- Early detection may save lives and avoid future prostate cancer illness.
- Testing which shows no problems can provide peace of mind.
- The DRE and PSA are easy to do and inexpensive.

So, what are the benefits and risks to prostate testing?

(READ SLIDE TO AUDIENCE)

(NEXT SLIDE)

A purple rectangular graphic with a white starburst in the top left corner. The title "Prostate Cancer Testing has Risks" is written in a light blue, italicized font. Below the title are five bullet points, each preceded by a right-pointing arrowhead.

Prostate Cancer Testing has Risks

- At this time, we do not know that prostate cancer testing saves lives.
 - Some prostate cancers found will be slow growing cancers that do not need to be treated.
 - Tests are not perfect and can miss some cancers.
 - BPH and other conditions can cause PSA test results to be elevated.
 - If test results are abnormal, additional tests may be necessary.

There are also risks in prostate testing.

- At this time it has not yet been proven that prostate testing can save lives.
- When prostate testing finds a cancer, doctors cannot tell the difference between slow and fast growing cancers. Some cancers may grow so slowly that a man may never need treatment. But, because doctors cannot be certain which cancers will grow slowly, some of these cancers are treated with possible temporary and/or permanent treatment side effects.
- As previously discussed, tests are not perfect and can miss some cancers, so you should stay alert to any warning signs or symptoms.
- Again, BPH and other conditions can cause test results to be elevated. Most men with an elevated PSA DO NOT have cancer. In fact, if 100 men over age 50 have a PSA test:
 - 85 will have a normal PSA level (though a small number of these will have cancer missed by the test)
 - 15 will have a higher than normal PSA level and require further testing; of these 15 men:
 - 12 will not have prostate cancer and 3 will have prostate cancer.

(NEXT SLIDE)



Slide 26




First and foremost, when symptoms are present, experts agree testing should occur. So, if you have symptoms or even think you have symptoms, please go see a doctor for your own health and for your family.

(NEXT SLIDE)



Slide 27



Talk with a Doctor


- Testing should be discussed with a doctor each year for men age 50 and over.
- Men in high-risk groups should discuss testing with a doctor starting at age 45.
- The discussion should include the benefits and risks of testing.
- If you are tested, ask the doctor to go over the test results with you.

But, when there are no symptoms, most medical experts agree that: **(READ SLIDE TO AUDIENCE)**

(NEXT SLIDE)



Slide 28



How do I Decide if I Should be Tested for Prostate Cancer?

- Talk with a doctor about your prostate health.
- Involve the people close to you in making decisions about your prostate health.
- You must think about your own situation, consider the risks and benefits, then make a decision with your doctor whether you should be tested.

How do you decide if prostate testing is right for you? ***(READ SLIDE TO AUDIENCE.)***

(NEXT SLIDE)



Prostate Cancer Diagnostic Tests

- If a man has symptoms of prostate cancer or has an abnormal PSA or DRE, additional testing may be suggested. This testing may include:
 - **An ultrasound**, or a procedure that uses sound waves to produce a picture of the prostate and surrounding area.
 - **A biopsy**, or removal of small pieces of the prostate.

The graphic is a purple rectangular box with a dark purple background. It features a stylized diamond shape with a starburst effect in the top left corner. The title "Prostate Cancer Diagnostic Tests" is written in a light blue, serif font. Below the title, there is a list of bullet points in a white, sans-serif font.

If a man shows symptoms of prostate cancer, or if either the PSA or DRE test indicates a possible problem, additional testing will probably be suggested.

This additional testing may include an ultrasound, which uses sound waves to produce a picture of the prostate and surrounding areas, so the doctor can see anything that looks unusual.

If something abnormal is seen, a biopsy may be necessary during the ultrasound procedure. This is a procedure in which tissue samples are removed from the prostate and then examined by a pathologist. A biopsy can be performed in a urologist's office. Using a transrectal ultrasound (TRUS) probe, a physician can see the prostate and precisely place the biopsy needles to remove tissue from several different spots in the gland. Because the needles are inserted for only a fraction of a second, the procedure is essentially painless and takes about 20 minutes. A biopsy is the most accurate method of diagnosing cancer.

Remember, if something unusual is found in these tests, it is important for your health, to your friends and family, that you follow through with your doctor. As we discussed earlier, the best chance for a cure is finding the problem and treating it early.

(NEXT SLIDE)




Slide 30



If you are diagnosed with prostate cancer, you and your doctor will have to decide if treatment for your cancer is right for you.

(NEXT SLIDE)



Treatment Options for Prostate Cancer

- Each man, with his doctor and others close to him, should consider the best option for him.
- When cancer is found early and has not spread, a doctor may suggest the following:
 - Watchful waiting
 - Surgery
 - Radiation therapy
 - Hormonal therapy
 - Radiation therapy with hormonal therapy
- Cryotherapy is another treatment option, but is not a standard treatment at this time.

What are the treatment options?

First, no two men are the same. Age, stage of cancer, physical condition, health beliefs, and other medical conditions impact treatment decisions.

Each man with their doctor, and other people close to them, should consider the best option for them. Treatment decisions are difficult, because we may not know if the cancer is slow or fast growing.

When cancer is found early and has not spread, a doctor may suggest the following:

- **Watchful Waiting or Active Surveillance:** When a man has little or no symptoms and the cancer is restricted to the prostate, a doctor may recommend “Watchful Waiting” or monitoring the cancer without immediate treatment. This allows the doctor to see if it is a fast or slow growing cancer.
- **Surgery:** Prostatectomy or removal of part or all of the prostate.
- **Radiation therapy:** Destroying cancer cells through radiation treatments.



- **Hormonal therapy**: Slowing cancer growth through hormonal treatments.
- **Radiation therapy with hormonal therapy**.
- **Cryotherapy**: Destroying cancer by freezing the tumor with a special instrument: This method has not yet been studied well enough to be considered a standard treatment, that is, it has not yet been approved by the FDA as safe and effective.

(NEXT SLIDE)

A purple rectangular graphic with a diamond-shaped icon containing a starburst. The text is in a light blue/cyan color.

Prostate Cancer Treatment

- Treatment for prostate cancer may have some side effects, including:
 - Incontinence
 - Impotence
 - Pain and discomfort of the treatment

The good news about treatment when cancer is confined to the prostate gland, is that almost all men are considered cured.

But, keep in mind treatment for prostate cancer may have some side effects. These side effects may be temporary permanent and depend on which treatment is chosen. Some of these side effects may include,

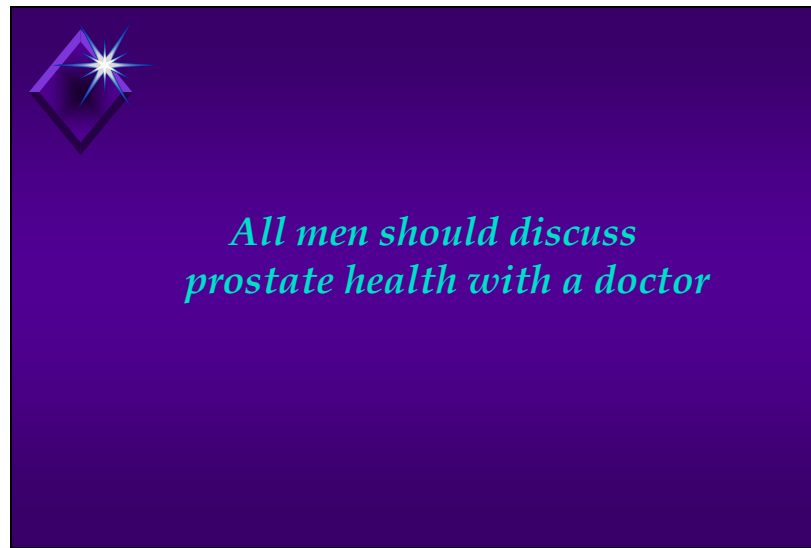
- **Incontinence**, which is the inability to control urine flow from the bladder, or control bowel movements. These possibilities vary with the treatment chosen.
- **Impotence**, which is the inability to get an erection, and
- **Pain and discomfort** of the treatment.

Don't let the fear of these side-effects stop you from talking with your doctor about treatment options. **REMEMBER....** Not all men will have these side effect. But, if you do, the treatment of side effects is often successful. Being there to support you family is the most important, so getting your prostate cancer treated is the smart thing to do.

(NEXT SLIDE)



Slide 33



Remember, the purpose of our presentation is not to tell you to get tested, but to encourage you to talk with a doctor about prostate health, so you can be fully informed and make the **best decision for you**.

So, if you have not talked with a doctor about your prostate health, please set up an appointment

Part of an annual check-up should include discussion of prostate health and testing with a doctor. If the doctor you are seeing does not bring it up, then ask.

In fact, in your packet you will find a “My Decision” card. Use this card when talking with a doctor about your prostate health. It can be used to remind you of the key questions to ask and also allows you to record information.

If you and the doctor decide on prostate testing, a complete prostate exam should include a PSA blood test and the DRE – digital rectal exam. Be sure to review the risks and benefits with the doctor.

If you are tested, ask for your prostate test results, and discuss them with the doctor.

(NEXT SLIDE)



Slide 34

*Include Someone Close to You in Making
Decisions about Your Prostate Health*



If any problem is found, it is strongly recommended that you include a family member or someone close to you in discussions about your prostate health care.

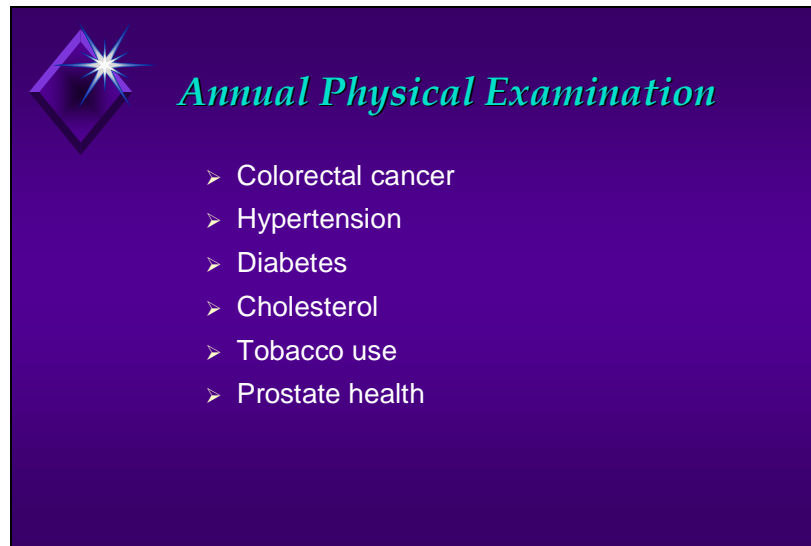
Have your wife or another person visit the doctor with you and sit in on conversations about your physical condition.

The more he or she is aware of your health status, the more support they can be.

(NEXT SLIDE)



Slide 35



Annual Physical Examination

- Colorectal cancer
- Hypertension
- Diabetes
- Cholesterol
- Tobacco use
- Prostate health

If you do not see a doctor on a yearly basis, go home and set up an appointment. In addition to discussing your prostate health with a doctor your yearly visit should also include a discussion or test for the following:

(READ SLIDE TO AUDIENCE)

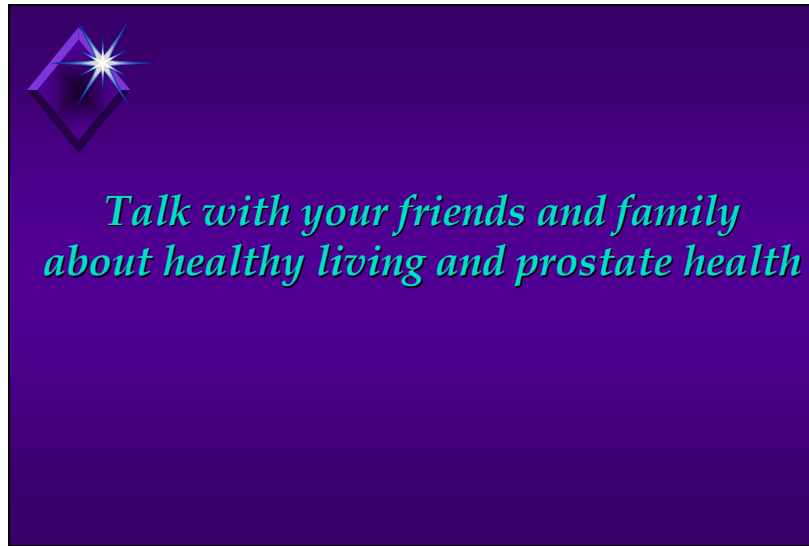
Many men do not have a regular doctor, and some men do not have medical insurance. Others may need a clinic that is open evenings and weekends or has Spanish-speaking staff. To help with these issues, we have developed a resource guide for the community. Included on this list are clinics that provide services at little or no cost and organizations and agencies that will help you find the services you need.

At the end of the program, we will give you a copy of this resource guide.

(NEXT SLIDE)



Slide 36



We have covered a lot of information today and have stressed how important it is for you to take care of yourself, including your prostate health. Now, you can share this important information with your brothers, your sons, and your neighbors. To help you with this, we are providing you with a prostate health awareness brochure, which summarizes the key information learned today.

(NEXT SLIDE)



Slide 37



*For further information on prostate cancer
or other cancers, call toll free:*

1-800-KARMANOS
1-800-(527-6266)

or

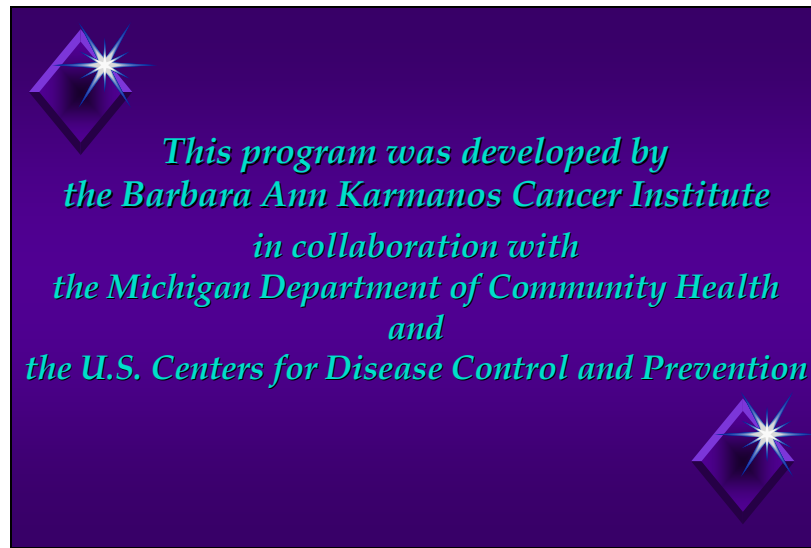
1-800-4-CANCER
1-800-(422-6237)

(READ SLIDE TO AUDIENCE)

(NEXT SLIDE)



Slide 38



This is the end of our Prostate Health Education Presentation.

Please take out the time to complete the post questionnaire (blue form). AGAIN, THESE QUESTIONNAIRES ARE VERY IMPORTANT FOR IMPROVING THE PROGRAM.

Are there any questions?

Thank you for your time and interest. It has been my pleasure to meet all of you.

Please make sure when you drop off your questionnaire, that you pick up a resource guide, the prostate health awareness brochure, and the “My Decision” card.

Thank you, and have a good (morning/afternoon/evening).