

Don't Get Hit Below the Belt.

*Learn the facts about
prostate cancer.*

Learn To Live

Anne Arundel County Department of Health
LearnToLiveHealthy.org

One in six men will get prostate cancer.

*Make prostate
health a priority.*

Who is at risk?

Any man can get prostate cancer. It is more common in African American men and more than 80% of all prostate cancers are diagnosed in men 65 or older. Some other risk factors include:

- Family history
- High-fat diet
- Lack of physical activity
- Tobacco use

Symptoms of prostate cancer

While you may not have any symptoms at first, they can include:

- Frequent urination or trouble urinating
- Blood in the urine or semen
- Unexplained weight loss

If you have any of these symptoms, concerns about prostate cancer or questions about prostate cancer screenings, be sure to talk to your doctor.



Preventing prostate cancer

You can reduce your risk of prostate cancer. Research in the past few years has shown that diet modification, physical activity and quitting smoking might decrease the chances of developing prostate cancer. They may also reduce the likelihood of having a prostate cancer recurrence, or help slow the progression of the disease.

Here's what you can do:



A little education can give you a big edge against prostate cancer.

Prostate cancer is the most commonly diagnosed form of cancer among men in the United States. So it's important to know the risk factors, symptoms and screening methods.

What is the prostate?

- Walnut-sized gland in the male reproductive system.
- Positioned below the bladder.
- Produces the fluid that keeps sperm alive.

What is prostate cancer?

Prostate cancer occurs when cells in the prostate keep splitting, making new abnormal cells. These cells form a mass of tissues, called a growth or tumor. This tumor can spread to other tissues and organs.

Eat a low-fat, high-fiber diet



Be active at least 30 minutes a day

Screening for prostate cancer

The two methods most commonly used to screen for prostate cancer are:

- **Digital Rectal Exam (DRE)**
A doctor feels the prostate from inside of the rectum, checking its size as well as for hard lumpy areas.
- **Prostate Specific Antigen (PSA) blood test**
This test measures a protein called prostate specific antigen (PSA) that is made by the prostate. Sometimes the level of PSA may rise in men who have prostate cancer. It can also be high due to other prostate problems like prostate enlargement or an infection.

Both of these tests are limited in their ability to detect prostate cancer. Neither test can distinguish between more active cancers and those that are less active and non-threatening. More testing may be needed if you have abnormal test results.

If you are 50 or older, ask your doctor or clinic about the risks and benefits of prostate screenings.



Quit smoking now — it's never too late



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