

Prostate Cancer



- **WHAT IS PROSTATE CANCER?**

- Most commonly diagnosed cancer in men
- 1 in 6 men will develop in lifetime
- Higher incidence in African Americans

- **WHO IS AT RISK?**

- More than 80% of men diagnosed are over age 65.
- Family history of prostate cancer.
- High levels of testosterone
- African American males

- **HOW CAN I REDUCE MY RISK?**

- Reduce animal fat in diet
- Eat a diet rich in fruits and vegetables
- Exercise regularly

- **WHAT ARE THE SIGNS AND SYMPTOMS**

- Frequent or urgent urination, especially at night
- Painful or burning during urination
- Blood in urine

- **EARLY DETECTION**

- PSA (prostate specific antigen) blood test
- DRE (digital rectal examination)

- **TREATMENT**

- Active surveillance
- Surgery
- Radiation

- **MORE INFORMATION**

- Cancer Care Coordinator at Scottsdale Healthcare, 480-323-1255 or ccc@shc.org