

Early Detection & Screening

Should I Be Screened?

The question of screening is a personal and complex one. It's important for each man to talk with his doctor about whether prostate cancer screening is right for him.

When Should I Start Screening?

When to start screening is generally based on individual risk, with age 40 being a reasonable time to start screening for those at highest risk (genetic predispositions or strong family histories of prostate cancer at a young age).

For otherwise healthy men at high risk (positive family history or African American men), starting at age 40-45 is reasonable.

Guidelines differ for men at average risk. Some recommend an initial **PSA and DRE at age 40**, and others recommend starting at age 50. In general, all men should create a proactive prostate health plan that is right for them based on their lifestyle and family history.

You can find a useful resource for making screening decisions at the U.S. Centers for Disease Control and Prevention site or by talking about your risk factors and options with your health care provider.

Early Detection Saves Lives



What are Your Risk Factors?

Adopted from Prostate Cancer Foundation

Prostate cancer is the most common non-skin cancer in America, affecting 1 in 7 men. But who is most at risk of getting prostate cancer and why?

There are several major factors that influence risk, and some of them unfortunately cannot be changed.

Age: The older you are, the more likely you are to be diagnosed with prostate cancer. Although only 1 in 10,000 men under age 40 will be diagnosed, the rate shoots up to 1 in 38 for ages 40 to 59, and 1 in 14 for ages 60 to 69.

In fact, **more than 65% of all prostate cancers are diagnosed in men over the age of 65.** The average age at diagnosis of prostate cancer in the United States is 69 years. After that age, the chance of developing prostate cancer becomes more common than any other cancer in men or women.

Race: African American men are more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Conversely, Asian men who live in Asia have the lowest risk.

Visit PCF.Org for full list of Risk Factors


Community Cancer Center

2880 NW Stewart Parkway

Suite 100

Roseburg, OR 97471

Phone: 541.673.2267 Fax: 541.672.9483



Prostate Health Awareness



Community Cancer Center



About the Prostate

The more you know about the normal development and function of the prostate, where it's located, and what it's attached to, the better you can understand how prostate cancer develops and impacts a man's life over time—due either to cancer growth or as a result of treatments.

Normal Anatomy

The normal prostate is a small, squishy gland about the size of a walnut. It sits under the bladder and in front of the rectum.

Normal Physiology

The prostate is not essential for life, but it's important for reproduction. It seems to supply substances that facilitate fertilization and sperm transit and survival.

Prostate Zones

The prostate is divided into several anatomic regions, or zones. Most prostate cancer develops from the peripheral zone near the rectum. That's why a digital rectal exam (DRE) is a useful screening test.

Visit PCF.Org for full list of Treatment-Related Changes

Symptoms to Know

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. These symptoms include:

A need to urinate frequently, especially at night

Difficulty starting urination or holding back urine

Weak or interrupted flow of urine

Painful or burning urination

Difficulty in having an erection

Painful ejaculation

Blood in urine or semen

Frequent pain or stiffness in the lower back, hips, or upper thighs.

You should consult with your health care provider if you experience any of the symptoms.

Because these symptoms can also indicate the presence of other diseases or disorders, such as BPH or prostatitis, men will undergo a thorough work-up to determine the underlying cause.

Prevention

The ultimate goal is to prevent men from developing prostate cancer. Although significant progress has been made and genetic and environmental risk factors for prostate cancer have been identified, the evidence is not strong enough for conclusive recommendations.

To understand how to prevent prostate cancer, one must first understand what causes it. There are four major factors that influence one's risk for developing prostate cancer. These are Age, Race, Family History and Where you live. These factors are difficult or impossible to change, however, there are many things that men can do to reduce or delay their risk of developing prostate cancer.

1. Maintain a healthy weight.
2. Minimize the amount of fat intake from red meat and dairy.
3. Watch the amount of calcium intake.
4. Eat more fish.
5. Eat more tomatoes and cruciferous veggies.
6. Avoid smoking for many reasons.
7. Seek medical treatment for stress, high blood pressure or cholesterol and depression
8. Avoid over-supplementation .
9. Relax more and enjoy life.
10. Engage in early screening and talk with your health care provider about your risks.

