



PROSTATE CANCER

Prostate cancer is the second-leading cause of cancer deaths among men in the United States. Yet, when detected in its early stages, prostate cancer can be effectively treated and cured.

1. CURRENT SCREENING GUIDELINES

- a. Men, ages 55 and older should be screened yearly with a PSA and prostate exam.
- b. Those with risk factors (family history, African American) should be screened around age 40-45.

2. RISK FACTORS

- a. Family history
- b. African American ethnicity
- c. Obesity
- d. Older age (>50)

3. SYMPTOMS

- a. There are usually no symptoms associated with prostate cancer, especially in the early stages of the disease. If symptoms do occur, they include urinary problems, pelvic pain, blood in the semen or urine, and bone pain. Again it is rare to have these symptoms unless the prostate cancer is very advanced and/or has spread to the body.

4. DIAGNOSIS

- a. PSA (prostate specific antigen) – blood test
- b. Prostate Exam (digital rectal exam) – performed in the doctor's office
- c. Prostate Biopsy (in-office procedure)

- d. There are also several genetic and biomarker tests in development that will assist in the diagnosis and management of prostate cancer.

5. TREATMENT

- Depends on type and severity of cancer. Patients can also have more than one type of treatment.
- a. Surgery to remove prostate
 - Robotic or traditional open
 - b. Radiation
 - c. Hormonal Treatment
 - d. Surveillance
 - Monitoring advancement of disease through exam, PSA, and repeat biopsy

6. FAQs

- a. Can I prevent prostate cancer? The best thing you can do is follow the screening guidelines, and maintain your health through diet and exercise. As clinical studies, which found that supplements such as vitamin E and selenium do not prevent prostate cancer, point out – there is no current short-cut that can replace a healthy lifestyle.