

prostate CANCER



What you need to know about the most-diagnosed cancer in American men (aside from skin cancers), from experts at Johns Hopkins HealthCare Solutions.

~80% of prostate cancers are diagnosed at a localized stage, meaning the **cancer hasn't spread outside of the prostate.**

African American men and men with a family history of the disease are at a higher risk.



Prostate cancer is highly treatable, if detected early.

60% of all prostate cancers are diagnosed in **men over 65.**

A man with a father or brother who had prostate cancer is **twice as likely to develop the disease.**

A high-fat diet may increase risk, while a **diet high in fruits/vegetables** (especially those that include carotenoids - yellow, orange and green leafy fruits and vegetables) **may reduce risk.**



Symptoms:

Early prostate cancer typically causes no symptoms, which is why it is important to participate in regular screenings and know your risk factors.



Increased frequency of urination, especially at night



Pain or burning when urinating



Difficulty breathing



Blood in the urine or in semen



Difficulty or pain with erections or ejaculation



Pain or stiffness in the hips, thighs or lower back



Swelling of the lower extremities

Screening:

- **Prostate-specific antigen (PSA) blood test**
 - Recommended **every 2 years** for men age 55 – 69 and age 45+ for African Americans.
 - **Elevated PSA levels** indicate a greater likelihood of prostate cancer.
- **Digital Rectal Exam (DRE)**
 - **Men with a family history** should discuss screening guidelines with their health care provider, as they may be different than those at average risk.

