

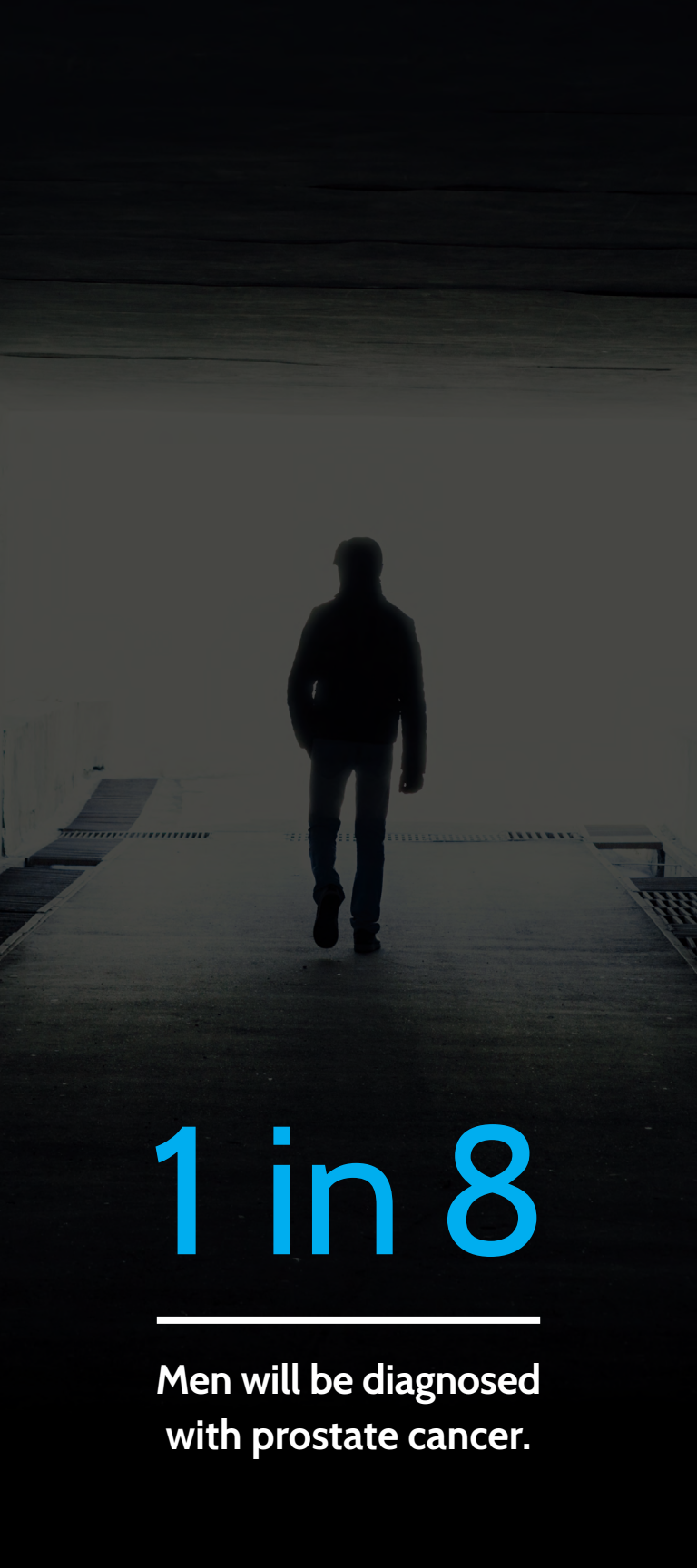


# THINGS EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER



Prostate Cancer  
Foundation  
Curing Together.





# 1 in 8

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**Men will be diagnosed  
with prostate cancer.**

## HOW COMMON IS PROSTATE CANCER?

Prostate cancer is the most commonly diagnosed cancer in men in 111 countries. It is the most common cause of cancer death among men in 49 countries.

Death rates from prostate cancer have decreased or stabilized in many countries. Still, 1 in 8 U.S. men will be diagnosed with prostate cancer in their lifetimes. 1 in 6 Black men will be diagnosed with prostate cancer in their lifetimes. Black men are more than twice as likely to die from the disease.

The Prostate Cancer Foundation has been funding research to reduce death and suffering from prostate cancer for 30 years. Advances in treatment prolong and improve men's lives, but there is still much work to do.



## WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

It is important for men to understand that there usually aren't any early warning signs for prostate cancer. The growing tumor does not normally bleed or push against anything to cause pain, so for many years the disease may be silent. That's why screening for prostate cancer is such an important topic for all men and their families.

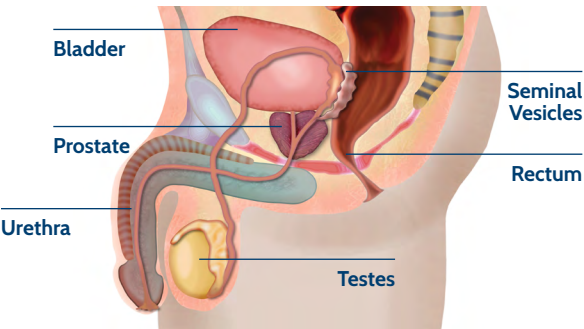
In rare cases and at advanced stages, prostate cancer can cause symptoms. Contact your doctor for an evaluation if you experience any of the following:

## WHAT IS PROSTATE CANCER?

The prostate is a gland about the size of a ping-pong ball. It sits under the bladder and in front of the rectum. It secretes a fluid that is part of semen.

Prostate cancer occurs when a normal prostate cell becomes altered and starts growing in an uncontrolled way.

For many men, prostate cancer is relatively slow-growing, which means that it takes years to become large enough to be detectable, and even longer to spread outside the prostate, or metastasize. However, some cases are more fast-growing and aggressive and need more urgent treatment.



### REMEMBER

*Symptoms are a sign of something, even if it's not cancer. Consult with your doctor if you have any of the symptoms listed.*

A need to urinate frequently, especially at night, sometimes urgently

Difficulty starting or holding back urination

Weak, dribbling, or interrupted flow of urine

Painful or burning urination

Difficulty in having an erection

A decrease in the amount of fluid ejaculated

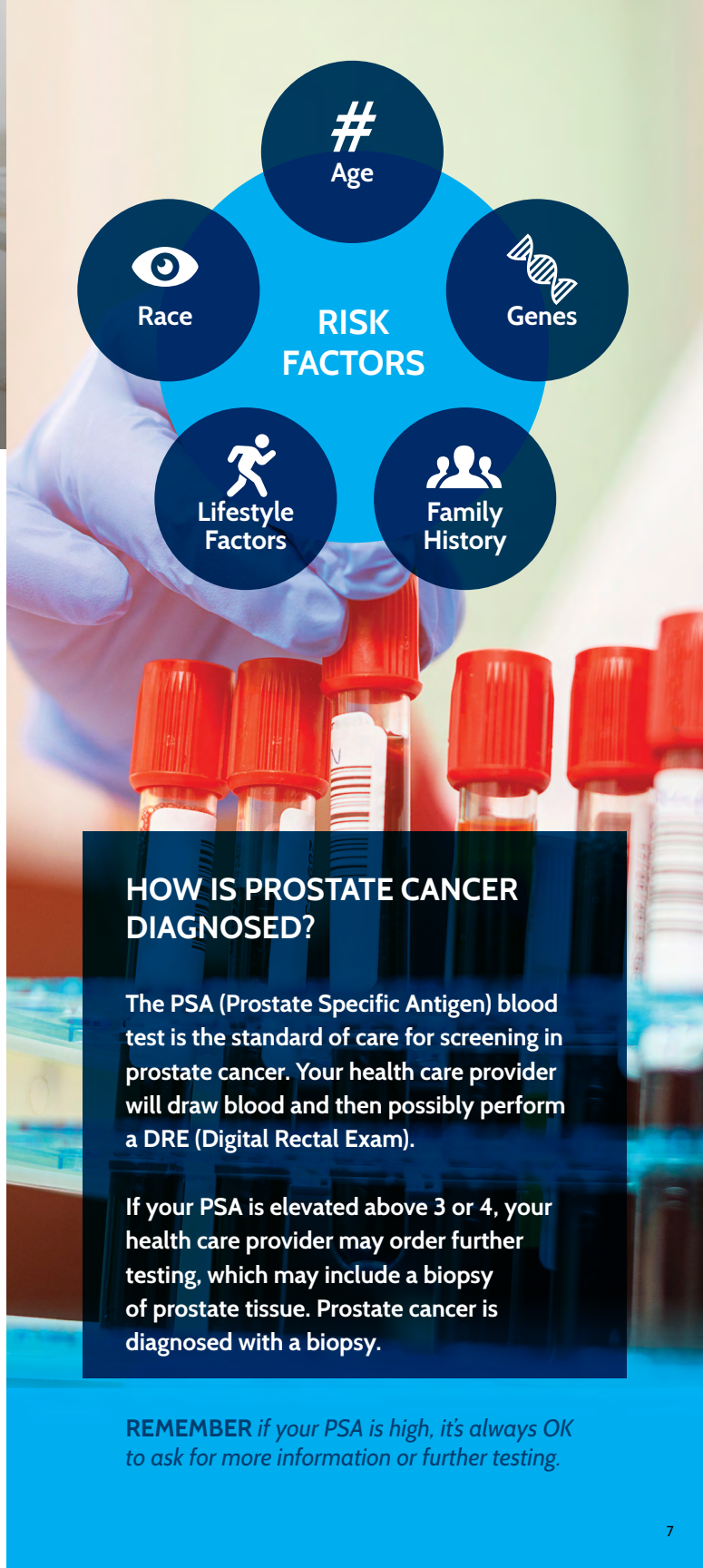
Painful ejaculation

Blood in the urine or semen

Pressure or pain in the rectum

Pain or stiffness in the lower back, hips, pelvis, or thighs





## WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?

Age is the biggest risk factor for prostate cancer; rates of diagnosis steadily rise as men age into their 50s, 60s, and 70s.

Family history is another risk factor – if you have a close relative who has been diagnosed with prostate cancer (brother, father, grandfather), your risk may be more than doubled. This increased risk may be due to gene mutations that run in families and cross many cancer types such as breast, colon, ovarian, and pancreatic.

1 in 6 Black men are at risk of developing prostate cancer in their lifetime and are twice as likely to die from the disease. It is recommended that Black men begin screening at age 40. It is also important to understand if prostate cancer has been diagnosed in your father, grandfather, brother or other immediate blood relatives.

Lastly, it's thought that various health factors – such as obesity and smoking – can significantly increase your risk of aggressive or fatal prostate cancer.

## HOW IS PROSTATE CANCER DIAGNOSED?

The PSA (Prostate Specific Antigen) blood test is the standard of care for screening in prostate cancer. Your health care provider will draw blood and then possibly perform a DRE (Digital Rectal Exam).

If your PSA is elevated above 3 or 4, your health care provider may order further testing, which may include a biopsy of prostate tissue. Prostate cancer is diagnosed with a biopsy.

**REMEMBER** if your PSA is high, it's always OK to ask for more information or further testing.

## WHAT ARE THE TREATMENT OPTIONS FOR PROSTATE CANCER?

There are many options for treatment at all stages of prostate cancer. If you are diagnosed with prostate cancer, make sure to get on the “Right Track®”: that is, the right team, the right tests, and the right treatments, right from the start. Learn more at [pcf.org/therighttrack](https://pcf.org/therighttrack).

For localized disease (prostate cancer confined to the prostate), treatment options include surgery or radiation, which have about equal success rates. However, because most prostate cancer is very slow-growing, many men with localized disease can choose active surveillance, that is, carefully monitoring the cancer and treating only if the cancer shows significant growth. Studies have shown similar outcomes between delayed and immediate treatment for slower-growing disease.

For men with disease that has spread outside the prostate (referred to as metastasis), many life-extending treatments are now available thanks to research funded by the Prostate Cancer Foundation. In 1993, there were very few therapies available for men with advanced disease; currently, there are over 20 FDA-approved drugs, with more on the horizon.

For more information on treatment, please download the free Prostate Cancer Patient Guide at [pcf.org](https://pcf.org).

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## IS THERE A CURE FOR PROSTATE CANCER?

More than 80% of all prostate cancers are detected when the cancer is confined to the prostate or region around it, so treatment success rates are high compared to most other types of cancer.

The 5-year relative survival rate in the United States for men diagnosed with local or regional prostate cancer is over 99%. In other words, the chances of the cancer spreading or men dying from their prostate cancer are generally low if the disease is caught early. However, prostate cancer comes in many forms and some men can have much more aggressive disease even when it appears to be confined to the prostate.

For prostate cancer, doctors often think of “cure” as a function of time, such as “5 years without recurrence.” Unfortunately, in some cases, prostate cancer can recur even 10 years after treatment. So instead of using the term “cure,” doctors frame prostate cancer outcomes in terms of whether the PSA levels are kept low and in control.

**99%**  
of men with early-stage prostate cancer are alive after 5 years

## WHEN SHOULD I BE SCREENED FOR PROSTATE CANCER?

Regardless of your age, the Prostate Cancer Foundation recommends that you practice “precision screening,” and consult with your doctor to come up with a personal screening plan that’s right for you. Use the tool at [pcf.org/screen](https://pcf.org/screen) as a guide to start the conversation with your doctor.

Remember, be proactive: there is no “one-size-fits-all” approach to screening.

### BEGIN TO TALK TO YOUR DOCTOR ABOUT SCREENING AT AGE

# 40

If you have a family history of prostate, breast, colon, ovarian, pancreatic, or endometrial cancer or are Black

# 45

If you have no family cancer history and are not Black

## WHAT CAN I DO TO PREVENT PROSTATE CANCER?

The best way to stop men from dying of prostate cancer is to prevent them from ever developing prostate cancer in the first place.

Improvements in diet and exercise are among the most commonly accepted strategies for prevention, although this remains an active area of investigation for researchers.

## HERE ARE 5 TIPS FOR MAINTAINING A HEALTHY LIFESTYLE THAT COULD HELP YOU PREVENT CANCER:



Eat an anti-inflammatory diet: low in animal products and processed foods and high in brightly-colored vegetables, whole grains, and beans.



Exercise regularly and maintain a healthy weight. Vigorous exercise, within the bounds of safety for your personal physical fitness, has been shown to reduce a man’s chance of developing lethal forms of prostate cancer.





Eat cruciferous vegetables (like broccoli and cauliflower). Research suggests that higher intake of these veggies is linked to lower risk of aggressive prostate cancer.



If you smoke, get help to quit. For example, one study revealed that men who smoked during prostate cancer treatment had a higher likelihood of metastasis.



Relax and enjoy life. Studies have shown that the stress hormone cortisol can interfere with cancer cell death. Reducing stress at home and in the workplace will improve survivorship for people with cancer and lead to a longer, happier life.

For more tips, go to [pcf.org/guides](https://pcf.org/guides) to download our free wellness guide for cancer prevention.



## MAN UP, TALK DOWN: 4 WAYS KEEP YOUR FAMILY SAFE

New technologies that allow us to identify gene mutations – in a patient's inherited DNA as well as in the tumor – have resulted in the emerging field of precision medicine, which takes into account each individual's uniquely inherited genes, as well as his immune system function and other health factors.

This means that cancer, even prostate cancer, is a family problem.

We now know: Some of the genes that are responsible for prostate cancer in men are also responsible for cancers in women, and vice versa. For example, if your mom has a mutation in the BRCA gene implicated in breast cancer, this may increase your risk for prostate cancer.



## HERE ARE 4 PROACTIVE THINGS YOU CAN DO TO KEEP YOUR WHOLE FAMILY CANCER-FREE

1

### Host a Family Meeting

Because we now know so much about cancer's hereditary properties, it's important that you share disease history with everyone in your family who shares the same hereditary genes. It is critical that you not only collect your cancer history up the family tree from older relatives (who might hesitate to discuss it), but also that you share that information down the family tree with your children. Also share this information with your doctor.

2

### If Recommended By Your Doctor, Get Genetic Testing

Your genes are the "instructions for life" that you inherited from your mother and father, share with your siblings, and may pass on to your children. There are at least 60 genes associated with inherited cancer risk, and about 20 that are associated with prostate cancer risk. Knowing about your genes helps you understand the risk

that you and your children may face, so that you can create a family health plan for prevention and earlier detection. People with a family history suggesting a pattern of heritable cancers may be recommended to consult a genetic counselor for further testing.

3

### Don't Over-screen (\*or Under-screen)

Prostate cancer is a slow-growing disease in many men, and research indicates that too much screening could lead to overtreatment. Your best approach is to practice precision screening, by using the simple guidelines on page 10 and participating in shared decision-making with your doctor.

4

### Start That Anti-Inflammatory Diet Early

It turns out that bodily inflammation in your 20s and 30s can be a cause of gene mutations that may increase your risk of prostate cancer later in life. In general, guidelines for an anti-inflammatory diet include eating a basic whole-foods, Mediterranean-type diet – high in vegetables, whole grains, beans, and fish, free from processed food, and low in saturated fat, dairy, and red meat.





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