

TOP 10 THINGS YOU SHOULD KNOW ABOUT PROSTATE CANCER

1. Prostate cancer is the most common non-skin cancer in men in the U.S., and the 4th most common tumor diagnosed worldwide.
2. In the United States, 1 in 9 men will be diagnosed with prostate cancer in his lifetime. For men of African descent, 1 in 7 will develop the disease.
3. African American men are 76% more likely to develop prostate cancer than Caucasian men, and are more than twice as likely to die from the disease.
4. In 2020, nearly 192,000 U.S. men will be diagnosed with prostate cancer, and more than 33,000 will die from the disease. That's one new case diagnosed every 3 minutes and another death from prostate cancer every 16 minutes.
5. A man is more likely to develop prostate cancer than he is to develop colon, kidney, melanoma, and stomach cancers combined.
6. It is estimated that more than 3 million U.S. men are living with prostate cancer.
7. As men increase in age, their risk of developing prostate cancer increases exponentially. About 6 in 10 cases are found in men over the age of 65.
8. Men with relatives – father, brother, son – with a history of prostate cancer may be twice as likely to develop the disease.
9. Prostate cancer can be silent – it's important to get checked, even if you have no symptoms.
10. 99% of patients with local or regional disease live 5 years or longer after diagnosis.



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TOP 10 THINGS YOU CAN DO TO HELP PREVENT PROSTATE CANCER

1. Eat fewer calories and exercise more so that you maintain a healthy weight.
2. Try to keep the amount of fat you get from red meat and dairy products to a minimum.
3. Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance. Some calcium is OK, but avoid taking more than 1,200 mg per day.
4. Eat more fish – evidence from several studies suggest that fish can help protect against prostate cancer because they have “good fat,” particularly omega-3 fatty acids. Avoid trans fatty acids (for example, in margarine).
5. Incorporate cooked tomatoes (prepared with olive oil), which may be beneficial, and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals. Soy-based foods and green tea are also potential dietary components that may be helpful.
6. Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
7. Seek medical treatment for stress, high blood pressure, diabetes, high cholesterol, and depression. Treating these conditions may save your life and will improve your survivorship with prostate cancer.
8. Avoid over-supplementation with megavitamins. While a multivitamin is not likely to be harmful, you probably don't need it if you follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils. Ask your doctor about herbal supplements as some may harm you or interfere with treatment.
9. Relax and enjoy life. Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.
10. For men 45 or older (40 or older for African American men or those with a family history of prostate cancer), discuss the risks and benefits of screening with a PSA test and, if indicated, a rectal examination, with your doctor.



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