



# 2018 Prostate Cancer Information

## Treating the Man and the Cancer

### Prostate Cancer Statistics:

- Estimated new prostate cases in 2018 in the U.S. -- **164,690**
- Estimated prostate cancer deaths in 2018 in the U.S. -- **29,430**
- A man will be diagnosed every **3.2** minutes in 2018.
- A man will die from prostate cancer every **18** minutes in 2018
- Today there are **2.9** million prostate cancer survivors in the U.S.
- Prostate cancer accounted for **9.6%** of new cancers in the U.S. in 2017.
- Men at high risk, those with a family history (father or a brother) and African-Americans, should begin baseline screening no later than age 40. Other men should begin screening no later than age 55.

### Signs and Symptoms Include:

- Most prostate cancers early on have NO symptoms!
- Difficulty having an erection
- Painful or burning urination
- Persistent hip, upper thigh or lower back pain
- Difficulty urinating and weak urine flow
- Blood in your urine or semen

### Screening Tests:

**PSA**-Prostate Specific Antigen-a blood test that can detect a prostate-related problem. An abnormal test may mean additional testing is needed.

**DRE**-Digital Rectal Exam-an exam where the doctor puts a gloved finger in the rectum to feel irregularities in the prostate.

**Biopsy**- When the PSA or DRE indicates irregularities, a biopsy is done by a doctor who specializes in diseases of the urinary and sex organs in men. These doctors are called urologists.

Other tests include MRI, CT and bone scans to see if the cancer has spread.

### Treatment Options:

- Active Surveillance
- External Beam Radiation Therapy
- Brachytherapy
- Hormone Treatment
- Immunotherapy
- Surgery
- Proton Beam Therapy
- Cryotherapy
- Chemotherapy

Ask your doctor to discuss options with you and your family.

### Other Data:

- Cigarette smoking plays a role in the development of all cancers, including prostate cancer
- Maintaining your ideal body weight helps to reduce cancer risks
- Regular exercise helps to maintain weight, decreases stress, increases your body's immune system, and aids in the prevention of disease
- Avoid high fat foods and lower daily fat intake. Choose healthy fats and use in moderation
- Eat fruits & veggies high in vitamins, fiber and antioxidants to support a health diet
- Fish high in heart healthy omega-3 fatty acids are good for your heart and your prostate

Information provided by ZERO The End Of Prostate Cancer, American Cancer Society, National Institutes of Health, and Men's Health Network

**KNOWLEDGE, FAITH & EARLY DETECTION MATTER MOST**

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