



2020 Prostate Cancer Information

Treating the Man and the Cancer

Prostate Cancer Statistics:

- Prostate cancer is the most commonly diagnosed cancer in men
- Prostate cancer is the second-leading cause of cancer-related death in men
- 2020 in Virginia, new cases: 6,200, deaths: 800,
- 1 in 9 men will be diagnosed with prostate cancer in their lifetime
- African American men are at increased risk for the disease.
- 1 in 6 African American men will be diagnosed with the disease
- African American men are 2X more likely to die from the disease and 1.7X more likely to be diagnosed with the disease
- Veterans who were exposed to herbicides like Agent Orange are at increased risk for developing PCa and are more likely to have an aggressive form of the disease
- If caught early, prostate cancer has a five-year survival rate of nearly 100%,
- For late-stage prostate cancer, the five-year survival rate is 29%,
- The economic and social burden of prostate cancer is huge: Prostate cancer is estimated to cost over \$8 billion, Men who survive after treatment frequently suffer from side effects, including impotence and incontinence.

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

web: www.hrprostatehealth.com | **email:** info@hrprostatehealth.com | **phone:** (757) 827-0488