

SEPTEMBER

PROSTATE CANCER AWARENESS MONTH



What is Prostate Cancer

Prostate cancer is one of the most common cancers in men. It is the uncontrolled growth of cells in the prostate—a walnut-sized gland in the male reproductive system that produces seminal fluid. It is one of the most common cancers in men. While some cases can be aggressive, many are slow-growing and highly treatable, especially when detected early.

Know the Risk Factors

A man's risk for prostate cancer may be higher due to:

- **Age:** Risk rises after age 50
- **Family history:** Having a father or brother with prostate cancer increases risk
- **Race:** African American men are at higher risk
- **Diet and lifestyle factors:** Diets high in red or processed meats and low in fruits, vegetables, and fiber may increase risk

Possible Warning Signs

Prostate cancer may not cause symptoms early on. When symptoms do occur, they may include:

- Frequent urination, especially at night
- Difficulty starting urination or a weak urine stream
- Pain or burning with urination
- Blood in the urine
- Erectile dysfunction
- Pain in the hips, pelvis, ribs, or spine

These symptoms can also be caused by other prostate conditions, including prostatitis or benign prostatic hyperplasia (BPH). Seek medical attention right away if you cannot urinate at all.

Screening and Early Detection

Screening may include:

- **PSA blood test:** Measures prostate-specific antigen levels
- **Digital rectal exam (DRE):** Checks for physical changes in the prostate

Screening recommendations vary. Men aged 50 to 69 should discuss the benefits and risks of screening with their doctor. Men at higher risk, including African American men and those with a family history, may need to begin that conversation earlier, sometimes starting at age 40.

Support Prostate Health

Healthy habits may help reduce risk and support overall wellness:

- Eat more fruits, vegetables, and high-fiber foods
- Limit red and processed meats
- Choose a heart-healthy diet
- Stay physically active
- Maintain a healthy weight
- Do not smoke
- Limit alcohol
- Keep up with routine checkups

Sources:

- <https://healthylearn.com/connerstrong/hc/prostate-health.html>
- <https://healthylearn.com/connerstrong/hn/know-about-prostate-cancer.html>
- <https://healthylearn.com/connerstrong/hc/prostate-cancer.html>