

Prostate Cancer Awareness

One of the concerning issues with prostate cancer—the most common cancer in American men and the second leading cause of cancer death, behind lung cancer—is that there are frequently no warning signs or symptoms in its earliest stages, when the cancer is treatable. Therefore, it is especially important to understand the risk factors, to screen preventatively and to make lifestyle choices that lower your risk of developing the disease.

THE PROSTATE

The prostate is a gland about the size of a walnut in the male reproductive system, which produces fluid that makes up part of the semen.

RISK FACTORS

Some of the most common risk factors for developing prostate cancer are:

- **Age:** About two out of every three prostate cancers are found in men over the age of 65.
- **Race:** More common among African-American men.
- **Nationality:** Most common in North America and northwestern Europe.
- **Family history:** Increased risk if a close relative (such as father, brother or son) had prostate cancer.
- **Diet:** Men who eat a lot of red meat or high fat dairy products appear to have an increase risk.

ADVANCED SYMPTOMS

Symptoms of advanced prostate cancer can include the following:

- Blood in the urine or semen

- Loss of bladder or bowel control
- Trouble having or keeping an erection (impotence)
- Painful ejaculation
- Pain in the spine, hips, ribs, or other bones that doesn't go away
- Weakness or numbness in the legs or feet

Note: Problems with urinating can be a sign of advanced prostate cancer, but more often this problem is caused by a less serious disease known as BPH (benign prostatic hyperplasia).

LOWERING YOUR RISK

It might not be possible to prevent prostate cancer, but you may lower your risk by:

- Eating a healthy, balanced diet with an emphasis on whole grains, fruits and vegetables while limiting fat and red meat.
- Talking with your doctor about taking nutritional supplements or medication aimed at prostate cancer prevention.
- Getting screenings done as early as recommended by your doctor. Early screenings, i.e. before age 50, are often recommended if anyone in your immediate family has had prostate cancer.
- Working with a healthcare professional to address any concerns you may have about your risk of developing prostate cancer.

Source: <http://www.cancer.org>; <http://www.cancer.gov>

To speak with an EAP professional, please call: **800.327.2384**

The contents of this article and referenced websites, such as text, graphics, images and other material contained on the site are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided by these websites is solely at your own risk. APS is not responsible for the contents of any "off-site" web page referenced from this server.
© APS Healthcare[®], Inc., White Plains, NY.
All rights reserved.

