

## September is Prostate Cancer Awareness Month

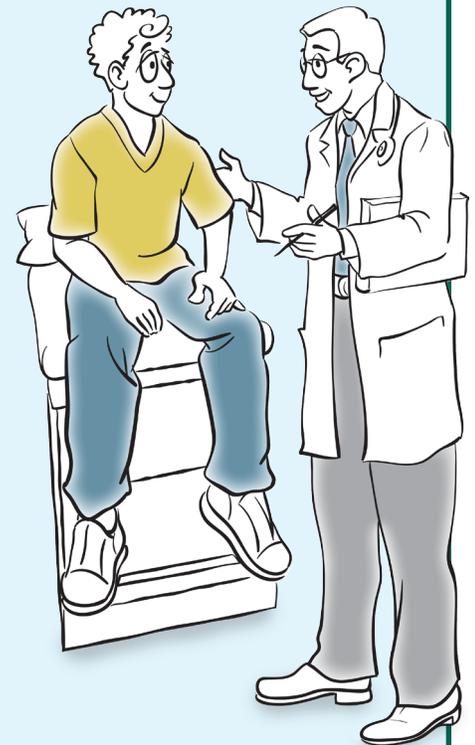
Prostate cancer is one of the most common cancers among men. Fortunately, it is seldom fatal – in fact, more than two million adult males can today call themselves survivors of the disease.

While there is no known cause of prostate cancer, researchers do know that it begins when some cells in the prostate become mutated, changing the DNA. The cancer usually grows slowly and may not cause any harm, though in rare cases it spreads at a much quicker pace.

Detecting prostate cancer can be difficult, as symptoms may develop only as the disease becomes more aggressive. There are many symptoms and signs related to this cancer, but some of the most common include trouble urinating, pelvic discomfort, and bone pain.

Prostate cancer testing is no longer recommended as a standard measure for men 50 and over. Instead, the American Cancer Society (ACS) encourages men to discuss options with their family doctor, who can then help them make an educated decision about testing based on family history, lifestyle and symptoms.

The ACS also offers these suggestions to help men protect themselves from the disease: Eat at least 2½ cups of a wide variety of vegetables and fruits every day, keep physically active, and stay at a healthy weight.



## Prostate Cancer Testing and Treatment Q&A

For more information about prostate cancer, please talk to your family doctor.

**Q** What males are at a higher risk for developing prostate cancer?

**A** Those with a family history and over the age of 50. For a complete list, please visit [cancer.org/cancer/prostatecancer](http://cancer.org/cancer/prostatecancer).

**Q** What type of test will my doctor perform?

**A** Your doctor will perform a digital rectal exam and/or a prostate-specific antigen test. If abnormalities are present, they may require further testing.

**Q** How is prostate cancer treated?

**A** There are a range of options, include radiation therapy, surgery, chemotherapy or hormone therapy – though in some cases, no treatment is needed.



SOURCES: Mayo Clinic, The American Cancer Society