



Prostate

Cancer

Awareness

Causes

There is no single cause, but some factors may increase the risk. Having these risk factors does not mean that you will develop prostate cancer.

You may be at higher risk if you:

- Are older than 65
- Family history of prostate cancer
- African ancestry

How to reduce your risk

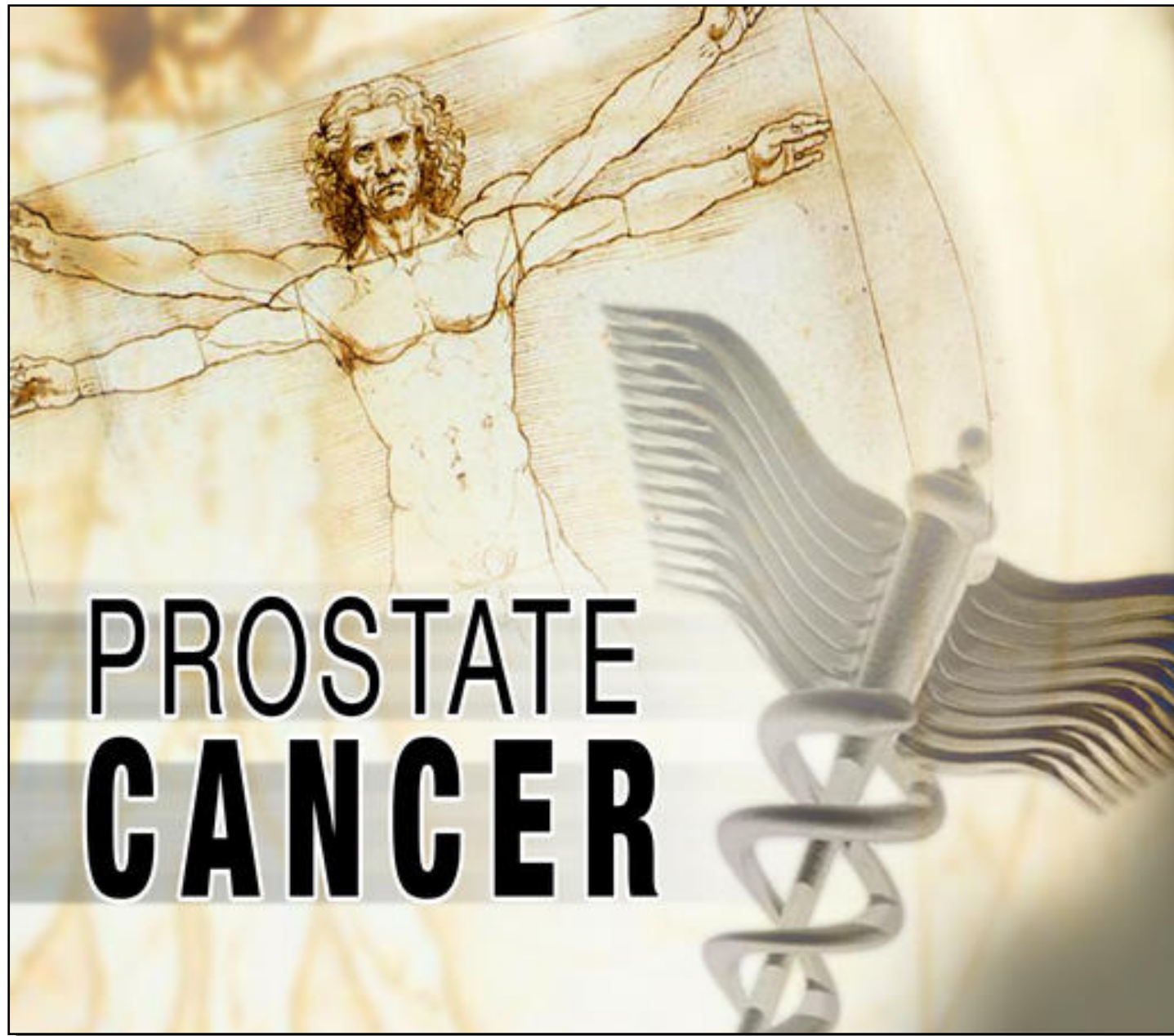
Changing lifestyle factors such as diet:

- Eat less fat
- Eat a diet high in vegetables and fruit



Resources

<http://www.prostatecancer.ca/>,
<http://www.cancer.ca/>, <http://www.pcf.org/>



Did You Know...

Did you know ...

There are often no symptoms in its earliest most curable stage. If you are 40, get a DRE and PSA test!

Did you know ...

The incidence of prostate cancer is increasing due to aging of the population.

Did you know ...

Prostate Cancer is one of the leading causes of death in the world.

Did you know ...

It is considered a "silent killer" because a man can have it but be symptom-free.

Brought to you by:



Did you know ...

The size of a healthy gland is that of a walnut and its functions are regulated by testosterone.

Did you know ...

Men have a greater chance if they are 50 or older, African-American, or have a family history of prostate cancer.

Early Detection Guidelines

Age 40

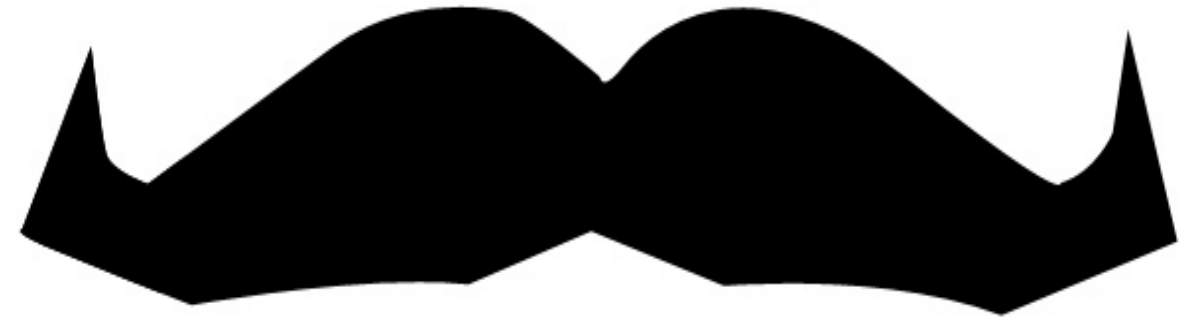
- Establish baseline PSA value.
- Unless your doctor is concerned, PSA only needs to be repeated every **5 years** until age 50.
- Men at higher risk (family history, African or Caribbean descent) should begin **annual** PSA and DRE monitoring at age 40.

Age 50

- All men should begin annual or semiannual monitoring at this age.
- PSA test helps diagnose prostate cancer AND monitor for recurrence after treatment.

Combining results of PSA and DRE increases both the diagnostic power and accuracy of these early detection methods!

Register At:



MOVEMBER.COM

The Mo (slang for moustache) and November come together each year for **MO-vement**, a month-long moustache growing charity event, in support of men's health.

Facts and Figures

Incidence Rates

- The most common cancer among Canadian men.
- **1 in 7 men** will be diagnosed with the disease.
- Turning up in men in their **40s**.
- **25,500 men** will be diagnosed with prostate cancer (2011).
- On average, 70 Canadian men will be diagnosed with prostate cancer every day.
- On average, **11 Canadian men will die of prostate cancer every day**.
- Over 90% of prostate cancer cases are curable if detected and treated in their earliest stages.

Prostate Cancer Statistics at a glance:

Year: 2011	Males
Cases	25,500
Incidence rate*	122
Incidence rank	1st
Deaths	4,100
Death rate*	21
5-year survival (2004-2006)	96%

Functions of the Prostate

1. Semen Production

- The main role is to create a thin, clear fluid for semen.

2. PSA Production

- Prostate specific antigen (PSA) is added into semen and turns it into liquid after ejaculation.
- In cancerous prostates, a large amount of PSA leaks into the blood (can be caught by a blood test in early stages).

3. Urine Flow Control

- Urethra (carries urine from bladder through the penis) passes through prostate gland.
- Muscle fibers in prostate contract to slow the flow of urine.

Prostate Cancer Anatomy

The prostate is divided into three internal zones:

1. Peripheral zone

- Located in the back near the rectum.
- Contains majority of prostate glands.
- **Where most prostate cancers develop.**

2. Transition zone

- Located next to urethra.
- Enlarges with **benign prostatic hyperplasia (BPH)**, a non-cancerous enlargement around age 40.

3. Central zone

- Involved in the connection of seminal vesicles to the prostate.
- Contains most of the rest of the organ's glands.

Prostate Cancer Disease States

Phase 1: Localized Disease

- Confined to prostate.
- 95% cure rate.

Phase 2: Recurrent Disease

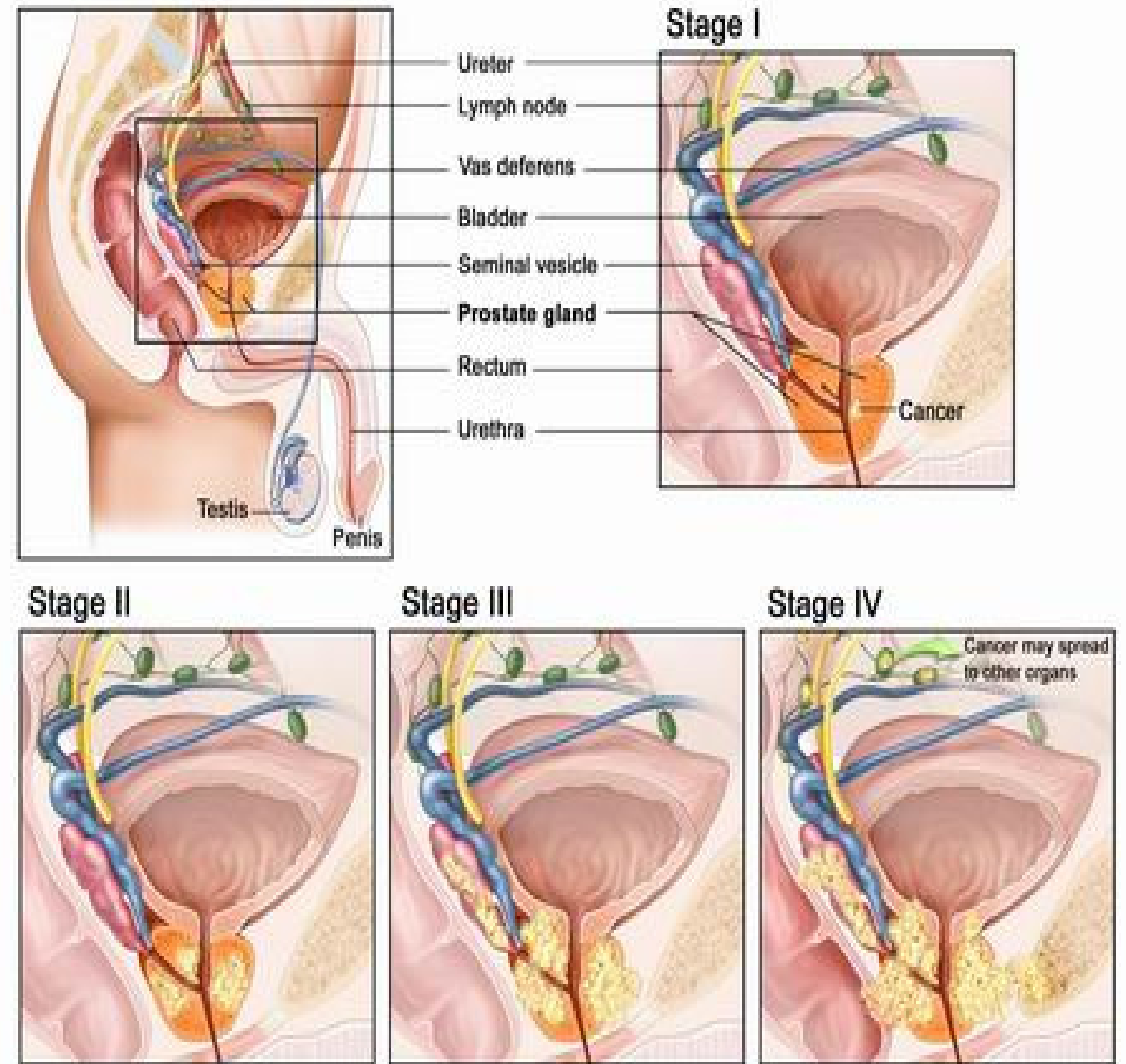
- Always a chance the cancer will return after therapy.
- Usually because cancer cells escaped the prostate before treatment began.

Phase 3: Metastatic Disease

- Cancer has spread beyond prostate.

Phase 4: Hormone Refractory Disease

Cancer continues to grow despite male hormones being suppressed with hormone therapy.

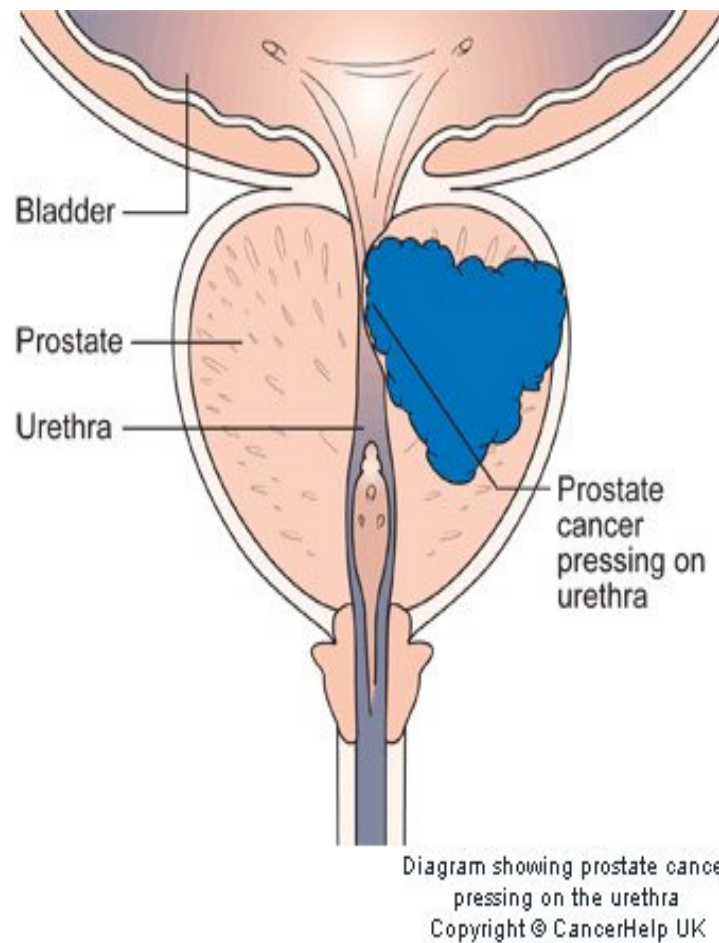


Signs and Symptoms

Signs and symptoms may not be apparent in the early stages. It may be found when you have had a PSA test or digital rectal exam. They may appear if the prostate enlarges and **starts to press on the urethra**.

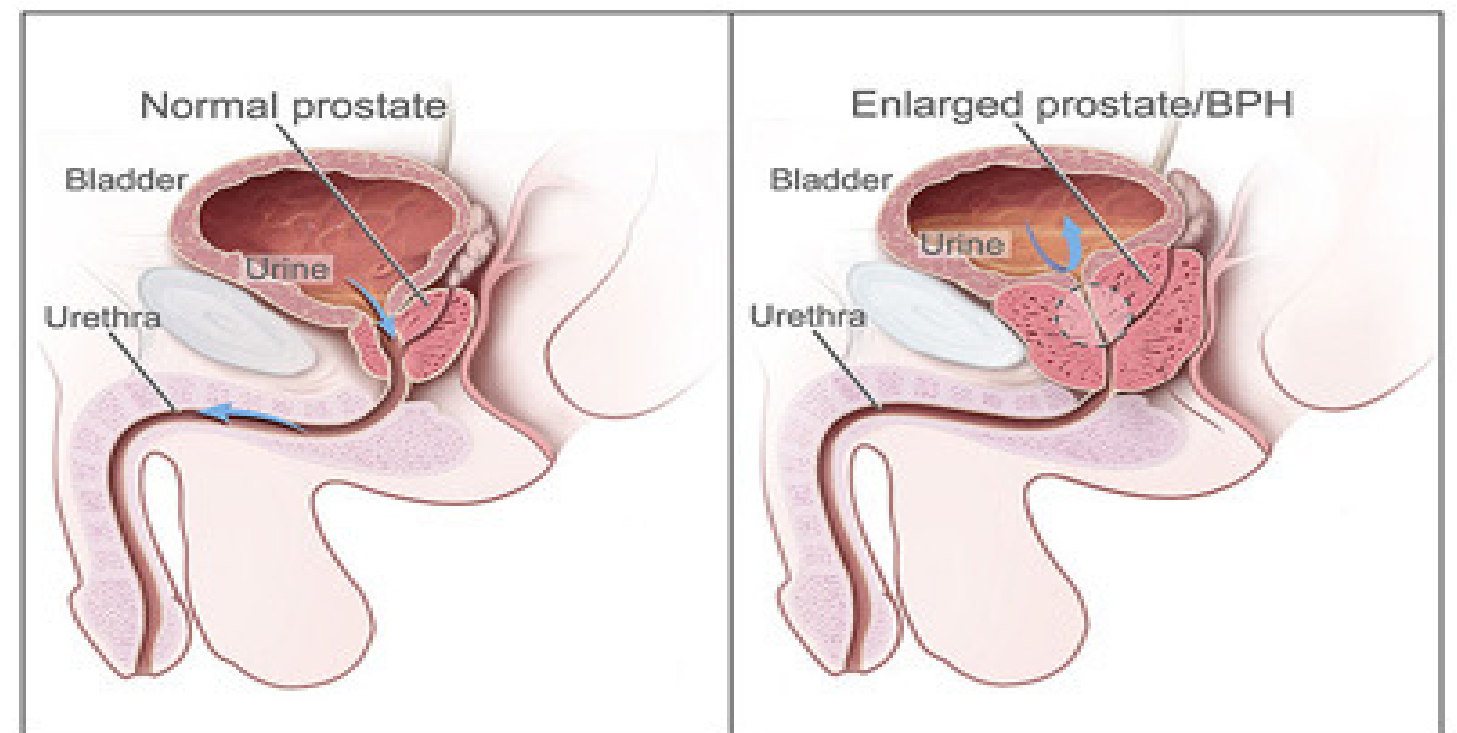
BUT...

As a man ages, the prostate may become enlarged and block the urethra or bladder. This is a common condition called **benign prostatic hyperplasia (BPH)**. The symptoms of BPH are similar to cancer, but are not cancer.



Signs and Symptoms:

- Need to urinate often, especially at night
- Intense need to urinate
- Difficult in starting or stopping the urine flow
- Inability to urinate
- Weak, decreased, or interrupted urine stream
- A sense of incompletely emptying the bladder
- Burning or pain during urination
- Blood in the urine or semen
- Painful ejaculation



Don't ignore the symptoms. If you have any of these symptoms, don't ignore them. See your doctor and take some tests. Most enlargements of the prostate are not cancer.

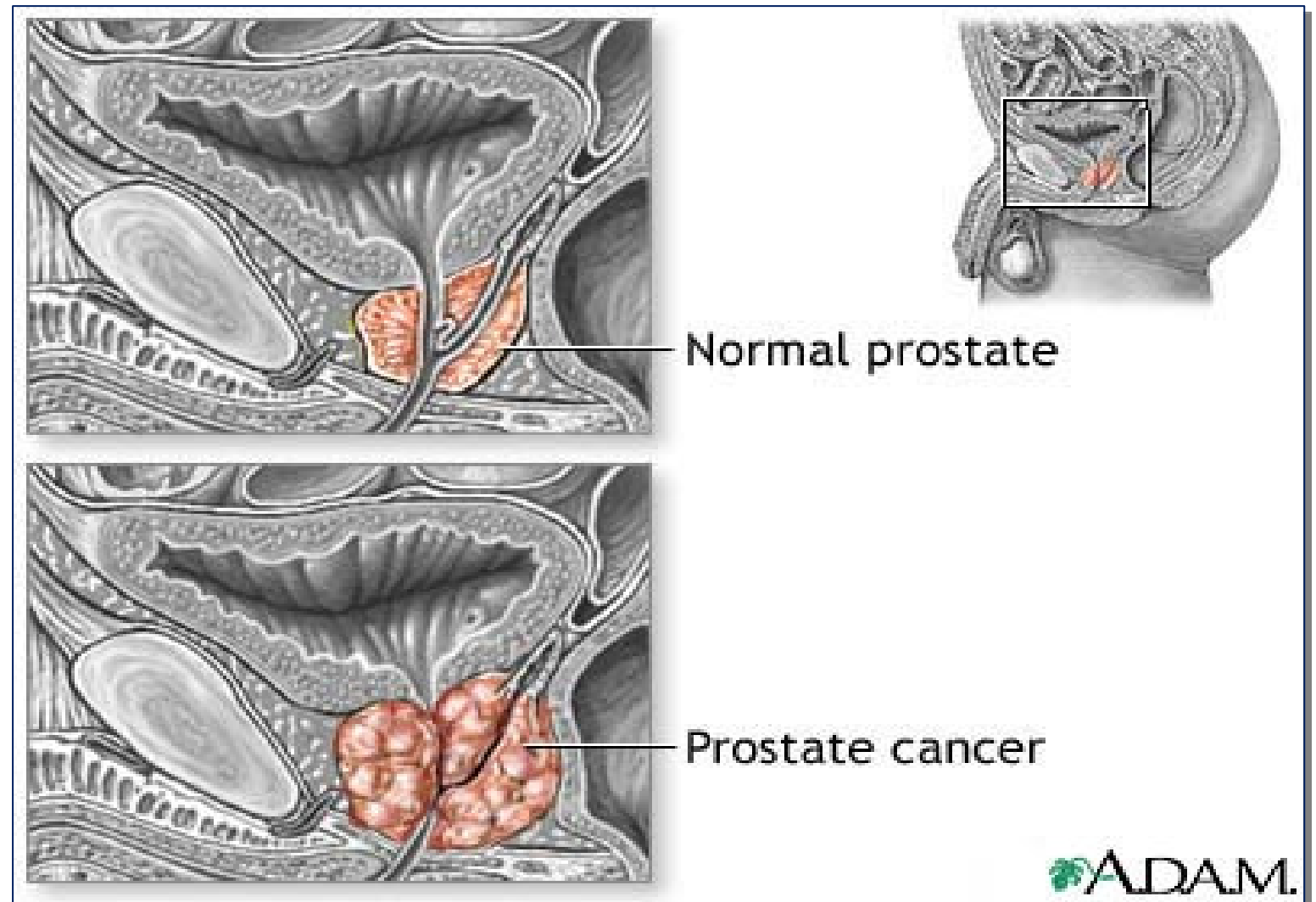
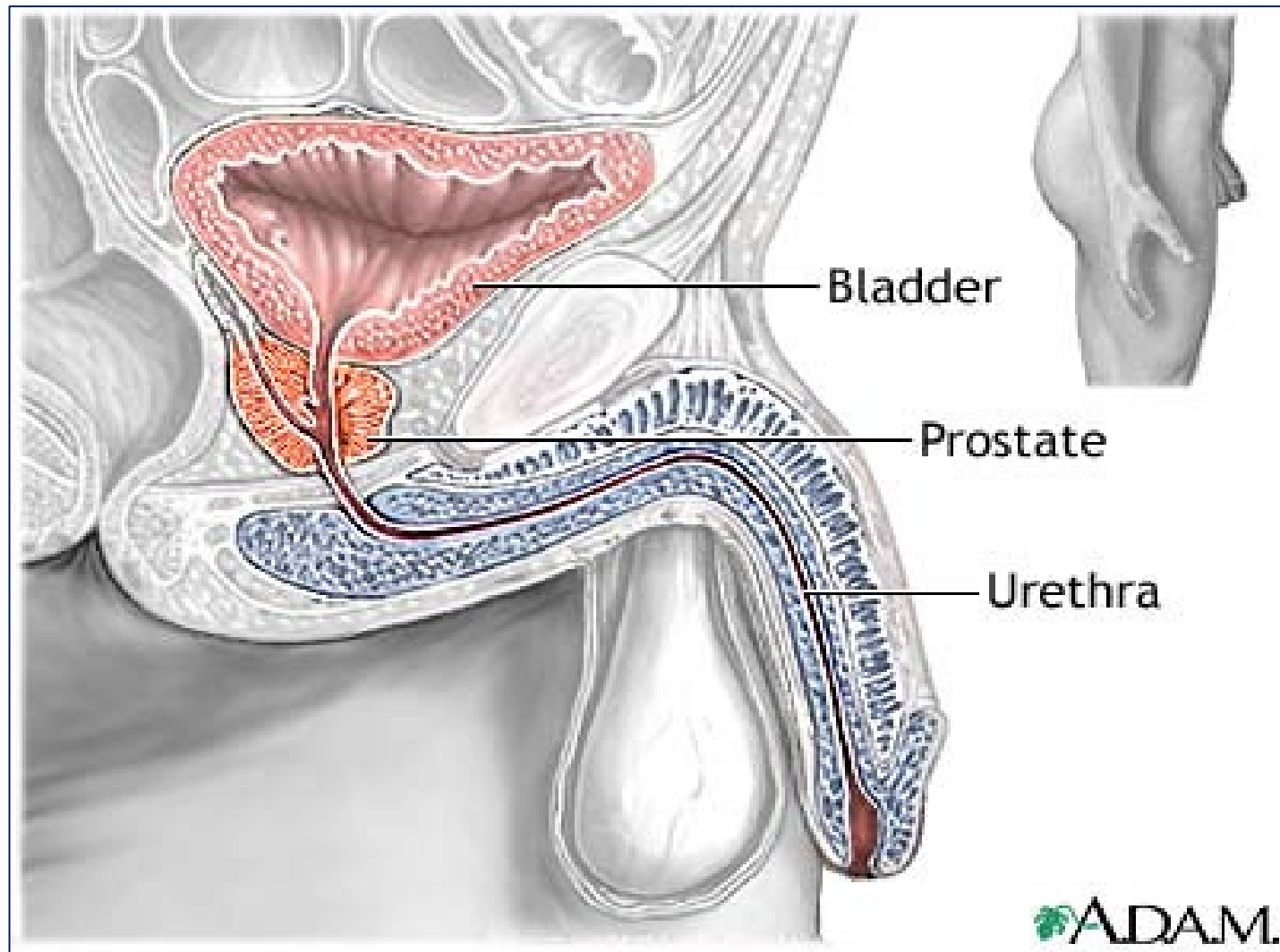
What is Prostate Cancer?

Role

The prostate is part of the male reproductive system. Its main function is to make seminal fluid.

Location

It is located close to the rectum at the base of the penis. The prostate surrounds the urethra, the tube that carries urine and semen through the penis.



Prostate cancer occurs when cells in the prostate start to grow uncontrollably.