



The Project to End Prostate Cancer

10 THINGS EVERYONE SHOULD KNOW ABOUT PROSTATE CANCER

[1]

1 in every 6 men will get prostate cancer sometime in his life. It was projected that over 192,000 cases were diagnosed in 2009.

[2]

The chances of getting prostate cancer are **1 in 3** if you have **just one close relative** (father, brother) **with the disease**. The risk is 83% with two close relatives. With three, it's almost a certainty (97%).

[3]

African-American men are at special risk for the disease, with the highest rate of prostate cancer in the world: **1 in 4 men**. African American men are 2.5 times more likely to die from the disease.

[4]

Prostate cancer is the **second-leading cause of male cancer-related death** in the United States. An estimated **27,360 men** died from prostate cancer last year.

[5]

There are **no noticeable symptoms** of prostate cancer while it is still in the early stages. This is why getting tested is so critical.

[6]

Every man age 45 or over should resolve to be tested annually. African-American men or those with a family history of the disease should start annual testing at 40.

[7]

Before early detection through PSA testing, only **1 in 4** prostate cancer cases were found while still in the early stages. **With the widespread use of testing, about 9 out of 10 cases are now found early** – giving men a fighting chance.

[8]

Nearly 100% of men diagnosed with prostate cancer while it is **still in the early stages** are **still alive 5 years** from diagnosis*. Of men diagnosed in the late stages of the disease, **33.4% survive 5 years***.

[9]

Testing for prostate cancer involves a simple blood test and a physical exam. **It takes about 10 minutes** and is covered by health insurance in many states.

[10]

Obesity is a significant predictor of prostate cancer severity. Men with a body mass index over 32.5 have about **1/3 greater risk of dying** from prostate cancer. Research shows **high cholesterol levels** are strongly associated with advanced prostate cancer.

**Does not include those who died from causes other than prostate cancer.*

All prostate cancer statistics are 2009 estimates reported by the American Cancer Society.

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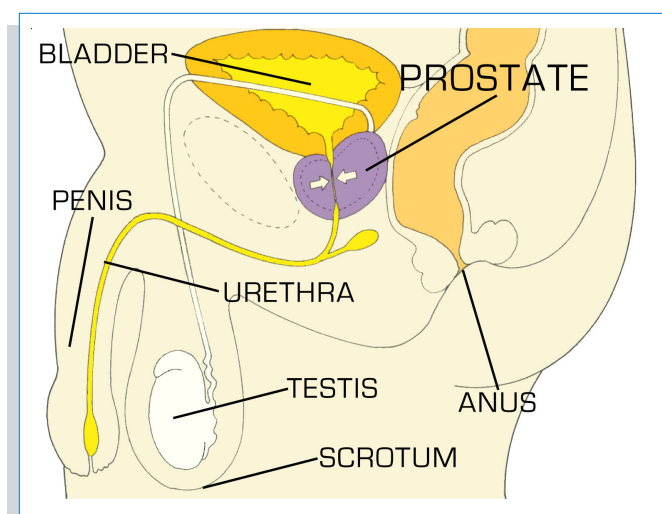
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UNDERSTANDING PROSTATE CANCER

WHAT IS THE PROSTATE?

The prostate gland is part of the male reproductive system; it produces fluid for semen. The prostate is about the same size and shape as a walnut, and sits in front of the rectum and below the bladder, where it surrounds the urethra that carries urine out from the bladder.



WHAT IS PROSTATE CANCER?

Normally, cells grow and divide in an orderly way. Sometimes this normal process can go wrong. If abnormal cells continue to divide, they can form cancer tumors. Prostate cancer tends to occur in the cells lining the prostate. Its growth is usually slow and supported by male hormones. Prostate cancer cells can spread to other parts of the body.

There are no noticeable symptoms of prostate cancer while it is still in the early stages, which is why testing is so critical. In more advanced stages, symptoms may include difficult or frequent urination, blood in the urine or bone pain.

WHO IS AT RISK?

45 is often considered the age to begin annual prostate cancer testing. Men at higher risk, such as African-American men and those with a family history of prostate cancer, should begin getting tested no later than age 40. All men should start discussing early detection with their doctors at age 40.*

TOOLS FOR EARLY DETECTION

The goal of early detection is to find the disease in its early stages when treatment is most likely to be effective. There are two widely used tests to aid in the early detection of prostate cancer.

:: **Blood Test – PSA**

This simple blood test measures the level of protein called prostate-specific antigen (PSA). Normally, PSA is found in the blood at very low levels. Elevated PSA readings can be a sign of prostate cancer; however, PSA levels can be elevated for reasons other than cancer.

:: **Physical Exam – DRE**

The digital rectal exam (DRE) is a simple, safe and only slightly uncomfortable physical exam performed by your physician.

These exams are usually done together to increase the accuracy of diagnosis. Although PSA will detect most high-risk cancers, there can be cancers that will be missed by this test and can be detected by the physical exam.

**According to the National Comprehensive Cancer Network*

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