



# Know the facts on prostate cancer



## When it's caught early, prostate cancer can be cured.<sup>1</sup>

Prostate cancer is the most common non-skin cancer in American men.<sup>2</sup> But it grows slowly, and most men can beat it, with treatment.<sup>1</sup>

### What is the prostate?

The prostate is a small gland in men that is part of the reproductive system. It's about the shape and size of a walnut. The prostate helps make semen, which carries sperm from the testicles.

### Are you at risk for prostate cancer?

A lot of men with prostate cancer don't have symptoms until their cancer gets worse. That's why you should know your risks:<sup>3</sup>

- **Age** – About three out of every five prostate cancers are found in men over 65.
- **Family history** – Men whose fathers or brothers have prostate cancer are twice as likely to have it.
- **Race** – Men of African descent are more likely to get prostate cancer than men of other races.
- **Weight** – Being very overweight can lead to a delay in finding the cancer, so it has more time to grow.
- **Diet** – Men who eat a lot of red meat and high-fat dairy, and don't eat many fruits and vegetables, have a higher risk of getting prostate cancer.

### Helpful resources

For more information about prostate cancer, visit the American Cancer Society online at [cancer.org](http://cancer.org), or call 800-227-2345. Or, visit the Prostate Cancer Foundation site at [pcf.org](http://pcf.org).

### Getting checked for prostate cancer

Since most men don't have any symptoms, it is often found during a routine digital rectal exam (DRE). There is also a blood test, called the prostate specific antigen (PSA) test. It screens for raised levels of PSA, a protein made by the prostate.<sup>4</sup>

Because prostate cancer grows so slowly, some men choose not to have screenings, or choose not to treat their prostate cancer if they do have it. This is a decision you should make after talking with your doctor.



#### Sources

- 1 American Cancer Society, Survival rates for prostate cancer (accessed January 2015): [cancer.org](http://cancer.org)
- 2 American Cancer Society, What are the key statistics about prostate cancer? (accessed January 2015): [cancer.org](http://cancer.org)
- 3 American Cancer Society, What are the risk factors for prostate cancer? (accessed January 2015): [cancer.org](http://cancer.org)
- 4 American Cancer Society, Can prostate cancer be found early? (accessed January 2015): [cancer.org](http://cancer.org)
- 5 Prostate Cancer Foundation, Prostate Cancer Symptoms (accessed January 2015): [pcf.org](http://pcf.org)
- 6 American Cancer Society, How is prostate cancer treated? (accessed January 2015): [cancer.org](http://cancer.org)

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While most men don't notice any symptoms, men who do notice some of these:<sup>5</sup>

- Urinating a lot, especially at night
- Trouble starting or controlling urination, weak or interrupted flow, or pain
- Trouble getting an erection
- Painful ejaculation, or blood or urine in semen
- Pain or stiffness in the lower back, hips or upper thighs

### Treatment options

When caught early, nine in ten prostate cancers can be cured.<sup>1</sup> Treatments include:<sup>6</sup>

- **Checking the cancer for signs that it is getting worse.** Since prostate cancer grows slowly, sometimes men will not have treatment at this early stage to avoid the side effects.
- **Surgery.** The prostate gland and some nearby tissue are removed.
- **Radiation.** Radioactive beams or metal pellets kill the cancer cells.
- **Cryosurgery.** Instead of removing the prostate, surgeons destroy it using very cold gas.
- **Hormone therapy.** The cancer stops growing or shrinks, so it is easier to treat.
- **Chemotherapy,** if the cancer has spread to other parts of the body.
- **Vaccination.** The immune system is triggered to attack prostate cancer cells in the body.

**Nine times out of ten,  
prostate cancer can be cured  
when it's caught early.**

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