

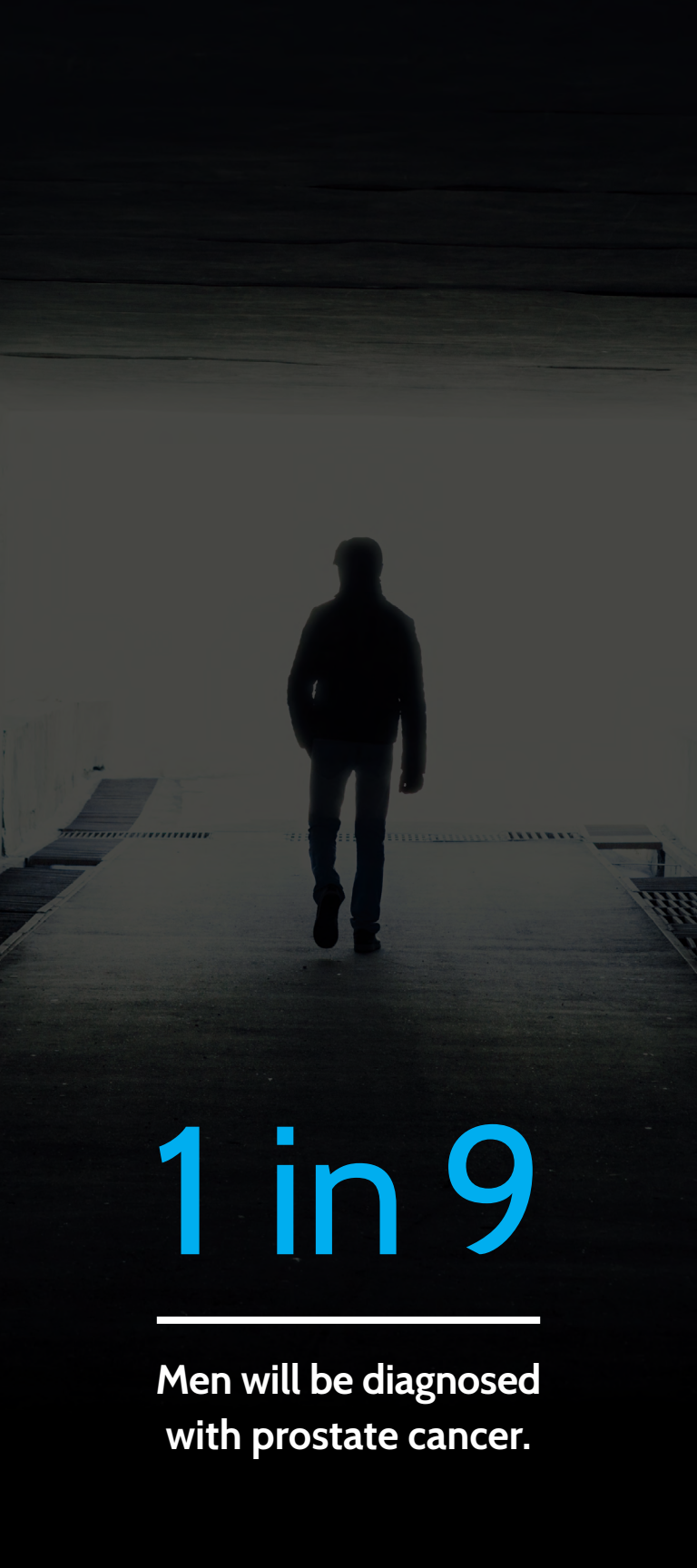


THINGS EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER



Prostate Cancer
Foundation
Curing Together.





1 in 9

**Men will be diagnosed
with prostate cancer.**

HOW COMMON IS PROSTATE CANCER?

Historically, prostate cancer has led male cancer incidence in 96 countries. It is the most common cause of death among men in 51 countries.

Even though the United States leads the world in reducing prostate cancer death, 1 in 9 U.S. men will be diagnosed with prostate cancer in their lifetimes. African American men are over 75% more likely to develop prostate cancer compared with white men, and more than twice as likely to die from the disease.

The Prostate Cancer Foundation has been funding research to reduce death and suffering from prostate cancer for more than 25 years. In that time, the death rate has dropped more than 50%, but there is still much work to do.

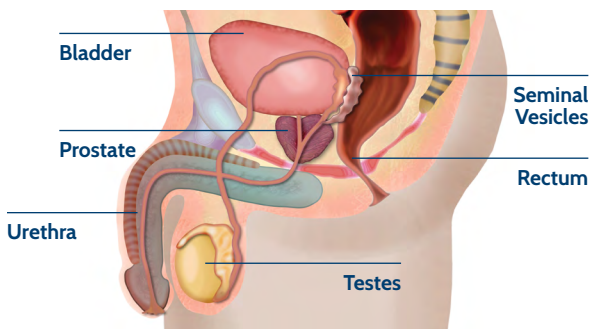


WHAT IS PROSTATE CANCER?

The prostate is a small, rubbery gland about the size of a ping-pong ball. It sits under the bladder and in front of the rectum.

Prostate cancer occurs when a normal prostate cell becomes altered and starts growing in an uncontrolled way.

For many men, prostate cancer is relatively slow-growing, which means that it takes years to become large enough to be detectable, and even longer to spread outside the prostate, or metastasize. However, some cases are more fast-growing and aggressive and need more urgent treatment.



WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

It is important for men to understand that there usually aren't any early warning signs for prostate cancer. The growing tumor does not normally bleed or push against anything to cause pain, so for many years the disease may be silent. That's why screening for prostate cancer is such an important topic for all men and their families.

In rare cases and at advanced stages, prostate cancer can cause symptoms. Contact your doctor for an evaluation if you experience any of the following:

A need to urinate frequently, especially at night, sometimes urgently

Difficulty starting or holding back urination

Weak, dribbling, or interrupted flow of urine

Painful or burning urination

Difficulty in having an erection

A decrease in the amount of fluid ejaculated

Painful ejaculation

Blood in the urine or semen

Pressure or pain in the rectum

Pain or stiffness in the lower back, hips, pelvis, or thighs

REMEMBER

Symptoms are a sign of something, even if it's not cancer. Consult with your doctor if you have any of the symptoms listed.



WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?

Age is the biggest risk factor for prostate cancer; rates of diagnosis steadily rise as men age into their 50s, 60s, and 70s.

Family history is another risk factor – if you have a close relative who has been diagnosed with prostate cancer (uncle, brother, father, grandfather), your risk may be more than doubled. This increased risk may be due to genes that run in families and cross many cancer types such as breast, colon, ovarian, and pancreatic.

If you are African American your risk of developing prostate cancer is more than 75% higher than that of white men. PCF is actively researching causes of this disparity.

Lastly, it's thought that various lifestyle factors – such as eating an unhealthy diet, smoking, or lack of exercise – can significantly increase your risk of prostate cancer.



HOW IS PROSTATE CANCER DIAGNOSED?

The PSA (Prostate Specific Antigen) blood test is the standard of care for diagnosis in prostate cancer. Your health care provider will draw blood and then possibly perform a DRE (Digital Rectal Exam).

If your PSA is elevated above 3 or 4, your health care provider may order further testing, which will likely include a biopsy of prostate tissue.

REMEMBER if your PSA is high, it's always OK to ask for more information or further testing.

WHAT ARE THE TREATMENT OPTIONS FOR PROSTATE CANCER?

There are many options for treatment at all stages of prostate cancer. If you are diagnosed with prostate cancer, make sure to get on the “Right Track®”: that is, the right team, the right tests, and the right treatments, right from the start. Learn more at pcf.org/therighttrack.

For local disease (prostate cancer confined to the prostate), men may choose surgery or radiation, which have about equal success rates. Because most prostate cancer is very slow-growing, some men may opt for active surveillance, that is, monitoring the growth of the cancer and treating only if the cancer shows significant growth. Studies have shown similar outcomes between delayed and immediate treatment for slower-growing disease.

For men with disease that has spread outside the prostate (referred to as metastasis), many life-extending treatments are now available thanks to research funded by the Prostate Cancer Foundation. In 1993, there were very few drug therapies available for men with advanced disease; currently, there are over 20 FDA-approved drugs, with more on the horizon.

For more information on treatment, please download the free Prostate Cancer Patient Guide at pcf.org.



IS THERE A CURE FOR PROSTATE CANCER?

More than 90% of all prostate cancers are detected when the cancer is confined to the prostate or region around it, so treatment success rates are high compared to most other types of cancer in the body.

The 5-year relative survival rate in the United States for men diagnosed with local or regional prostate cancer is over **99%**. In other words, the chances of the cancer spreading or men dying from their prostate cancer are generally low if the disease is caught early. However, prostate cancer comes in many forms and some men can have much more aggressive disease even when it appears to be confined to the prostate.

99%
of all prostate cancer is treatable if detected early.

For prostate cancer, doctors often think of “cure” as a function of time, such as “5 years without recurrence.” Unfortunately, in some cases, prostate cancer can recur even 10 years after treatment. So instead of using the term “cure,” doctors frame prostate cancer outcomes in terms of whether the PSA levels are kept low and in control.

WHEN SHOULD I BE SCREENED FOR PROSTATE CANCER?

Regardless of your age, the Prostate Cancer Foundation recommends that you practice “precision screening,” and consult with your doctor to come up with a personal screening plan that’s right for you. Use the tool at pcf.org/screen as a guide to start the conversation with your doctor.

Remember, be proactive: there is no “one-size-fits-all” approach to screening.

**BEGIN TO TALK TO YOUR
DOCTOR ABOUT
SCREENING AT AGE**

40

**If you have a family history of
prostate, breast, colon, ovarian,
or pancreatic cancer or are
African American**

45

**If you have no history and are not
African American**

WHAT CAN I DO TO PREVENT PROSTATE CANCER?

The best way to stop men from dying of prostate cancer is to prevent them from ever developing prostate cancer in the first place.

Improvements in diet and exercise are among the most commonly accepted strategies for prevention, although this remains an active area of investigation for researchers.

HERE ARE 5 TIPS FOR MAINTAINING A HEALTHY LIFESTYLE THAT COULD HELP YOU PREVENT CANCER:



Eat an anti-inflammatory diet: low in animal products and processed foods and high in brightly-colored vegetables, whole grains, and beans.



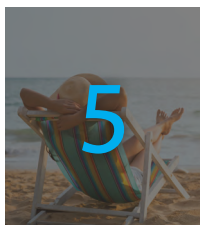
Exercise regularly and maintain a healthy weight. Vigorous exercise, within the bounds of safety for your personal physical fitness, has been shown to reduce a man's chance of developing lethal forms of prostate cancer.



Eat cruciferous vegetables (like broccoli and cauliflower) on a daily basis. Recently, a study found that eating broccoli can help shift your intestinal flora away from the types of bacteria that are related to prostate cancer.



Avoid smoking for many reasons. In particular, a recent study revealed that men who smoked during prostate cancer treatment had a higher likelihood of metastasis.



Relax and enjoy life. Studies have shown that the stress hormone cortisol can interfere with cancer cell death. Reducing stress at home and in the workplace will improve your survivorship and lead to a longer, happier life.

For more tips, go to pcf.org/guides to download our free wellness guide for cancer prevention.



MAN UP, TALK DOWN: 4 WAYS KEEP YOUR FAMILY SAFE

New technologies that allow us to identify gene mutations – in a patient's inherited DNA as well as in the tumor – have resulted in the emerging field of precision medicine, which takes into account each individual's uniquely inherited genes, as well as his immune system function, environment, and lifestyle.

This means that cancer, even prostate cancer, is a family problem.

We now know: Some of the genes that are responsible for prostate cancer in men are also responsible for cancers in women, and vice versa. For example, if your mom has a mutation in the BRCA gene implicated in breast cancer, this may increase your risk for prostate cancer.



HERE ARE 4 PROACTIVE THINGS YOU CAN DO TO KEEP YOUR WHOLE FAMILY CANCER-FREE

1

Host a Family Meeting

Because we now know so much about cancer's hereditary properties, it's important that you share disease history with everyone in your family who shares the same hereditary genes. It is critical that you not only collect your cancer history up the family tree from older relatives (who might hesitate to discuss it), but also that you share that information down the family tree with your children. Also share this information with your doctor.

2

If Recommended By Your Doctor, Get Genetic Testing

Your genes are the “instructions for life” that you inherited from your mother and father, share with your siblings, and may pass on to your children. There are at least 60 genes associated with inherited cancer risk, and about 20 that are associated with prostate cancer risk. Knowing about your genes helps you understand the risk



that you and your children may face, so that you can create a family health plan for prevention and earlier detection. People with a family history suggesting a pattern of heritable cancers may be recommended to consult a genetic counselor for further testing.

3

Don't Over-screen (*or Under-screen)

Prostate cancer is a slow-growing disease in many men, and research indicates that too much screening could lead to overtreatment. Your best approach is to practice precision screening, by using the simple guidelines on page 10 and participating in shared decision-making with your doctor.

4

Start That Anti-Inflammatory Diet Early

It turns out that bodily inflammation in your 20s and 30s can cause the gene mutations that increase your risk of prostate cancer later in life. In general, guidelines for an anti-inflammatory diet include eating a basic whole-foods, Mediterranean-type diet – high in vegetables, grains, beans and fish, free from processed food, and low in saturated fat, dairy, and red meat.



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