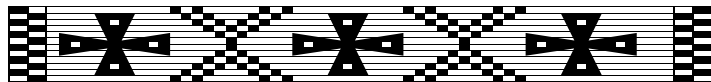
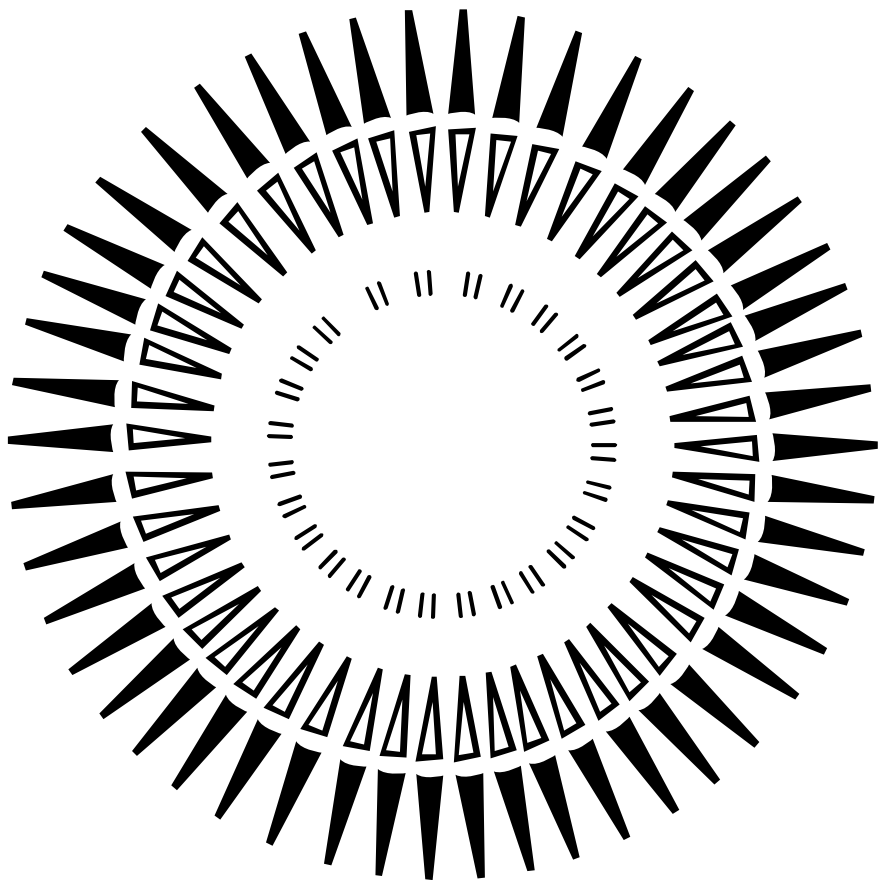


Native American
Guide to Prostate Cancer

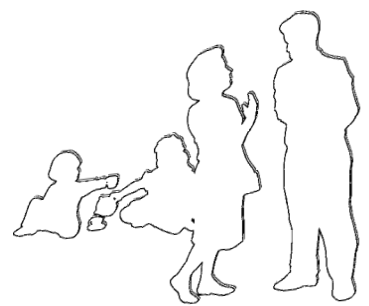


What You Need To Know About

PROSTATE CANCER



MAKING THE HEALTH OF OUR COMMUNITIES
BETTER BY WORKING TOGETHER.



WHAT DO WE KNOW ABOUT PROSTATE CANCER?

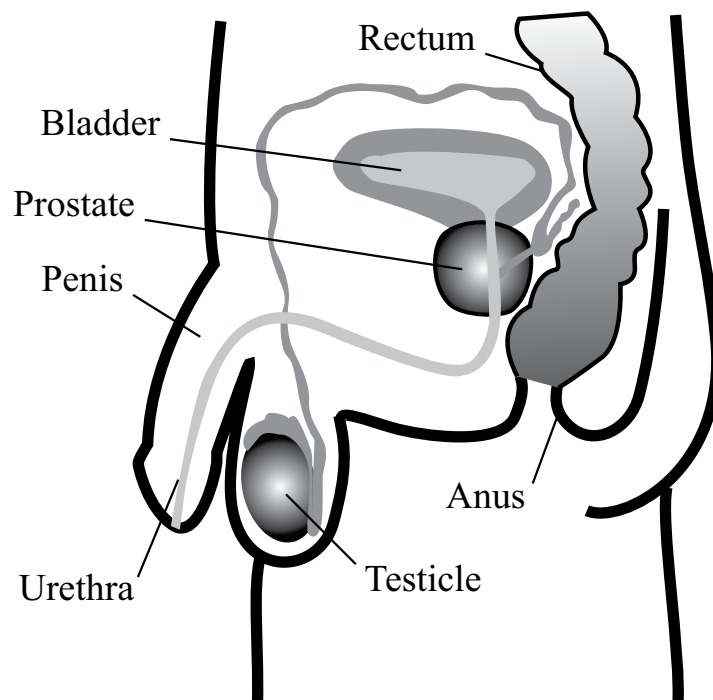
1. Prostate cancer is the most common kind of cancer in men today. One out of every five men will get prostate cancer in his lifetime.
2. Over 41,000 men will die of prostate cancer each year. Better ways of finding prostate cancer and treating it are helping men with prostate cancer to live longer.
3. If prostate cancer is found early, treatment usually works well.

What is the prostate gland?

The prostate gland is a sex gland that produces the fluid which carries sperm.

Where is the prostate gland?

The prostate gland is in front of the bowel and surrounds the urethra or tube that carries urine from the bladder (see Picture #1).



Picture #1

WHO IS AT RISK?

**ALL MEN ARE AT RISK
OF GETTING PROSTATE CANCER!**

You are at greater risk if you:

- are African-American
- are over age 65
- eat a lot of fatty foods
- have worked a long time in welding and electroplating and if you have been exposed to a metal called cadmium
- have a family history of prostate cancer

Most men who get prostate cancer have NO known risk factors. Remember, if you are a man, then **YOU ARE AT RISK** of developing prostate cancer.

WHAT ARE THE WARNING SIGNS OF PROSTATE CANCER?

Prostate cancer often has NO warning signs, but if you have any of these problems see your clinic or doctor right away:

- you have slow or interrupted urine flow
- you have a hard time starting or stopping your urine flow
- you need to urinate often and even more at night
- you have blood in your urine
- you feel pain or burning when you urinate
- you have pain that goes up to your lower back, pelvis, or upper thighs

REMEMBER:

**If you have any of these problems,
talk to your doctor or clinic right away.**

HOW IS PROSTATE CANCER FOUND?

Your doctor can find prostate cancer by feeling your rectum with his finger. This is called a rectal exam. Your doctor may also take some blood and check it for signs of prostate cancer. This is called a PSA (prostate-specific antigen) blood test.

WHEN SHOULD I BE CHECKED BY MY DOCTOR FOR PROSTATE CANCER?

Every man 50 OR OVER should go to his doctor or clinic and discuss the need for a yearly rectal examination and a PSA blood test.

Younger men with risk factors should talk to their doctors about prostate cancer.

WHAT HAPPENS IF THE DOCTOR THINKS I MIGHT HAVE PROSTATE CANCER?

If the doctor finds something during the exam or blood test, the doctor may want to do more tests. Some of these tests may include x-rays, ultrasound and more blood tests. The doctor may want to take a very small piece of the prostate gland and look at it under a microscope. This is called a biopsy.

REMEMBER:

If your doctor wants to do some more tests, make sure you go see him when he asks you to. You may not have prostate cancer, but you need to know.

WHAT IF THE TESTS SHOW THAT I HAVE PROSTATE CANCER?

If the tests show that you have prostate cancer, your doctor will let you know about the best ways to get well again. Treatment of prostate cancer may include surgery, or the use of different medicines to fight the cancer (chemotherapy). You and your doctor can decide what is best for you.

REMEMBER:

Prostate cancer is most successfully treated when it is found early. Early prostate cancer may have NO warning signs. Prostate cancer can be found early by regular prostate examinations.

You and your health are important! Have regular prostate examinations because you are important to your family, your friends and your community.

GLOSSARY

Biopsy: The surgical removal of a small piece of tissue for microscopic examination to find out if cancer cells are present. Biopsy is the most important procedure in diagnosing cancer.

Bladder: A bag of skin inside the body of human beings or animals, in which waste liquid collects before it is passed out to the urethra, the tube which carries urine from the bladder (see Picture #2).

Cadmium: A bluish-white metal that is a simple substance used especially for covering metal objects with a protective surface.

Chemotherapy: Treatment of disease, such as cancer, by drugs.

Gland: An organ of the body which produces a liquid, either to be poured out of the body or into the blood stream.

Prostate: A gland located at the base of the bladder in males (see Picture #2).

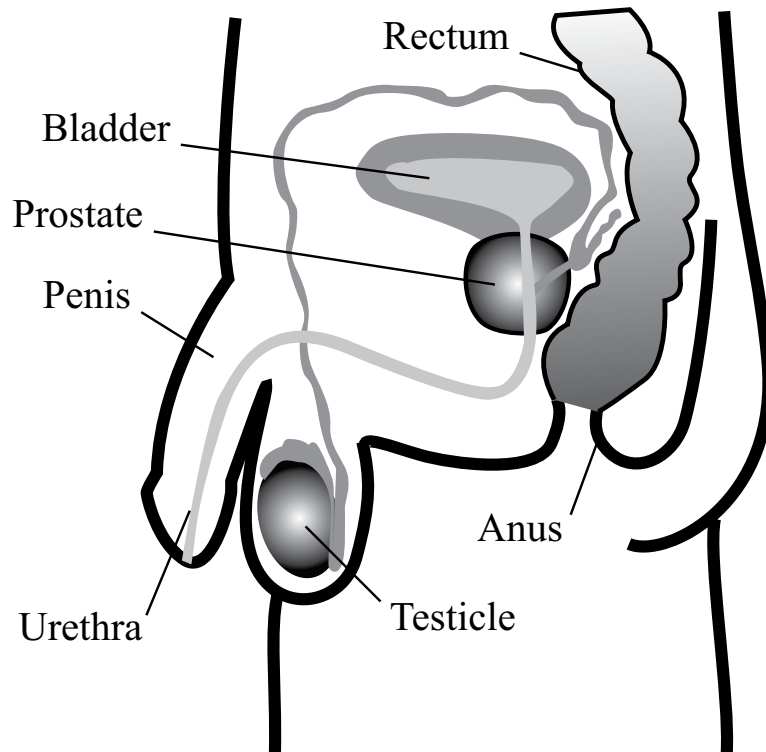
Rectal Examination: An examination by a doctor to feel the prostate through the rectum (see Picture #2). Also called Digital (meaning “finger”) Rectal Exam.

Risk Factor: Anything that increases an individual’s chances of getting a disease, such as cancer. For example, the major risk factor for lung disease is cigarette smoking. A risk factor for prostate cancer is being over age 65.

Sperm: A cell produced by the sex organs of a male, which usually swims in a liquid, semen, and is able to unite with the female egg to produce new life.

Ultrasound: The use of high frequency sound waves to locate a tumor deep inside the body. Also called ultrasonography.

Urethra: The tube which carries urine from the bladder (see Picture #2).



Picture #2

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Guide to Prostate Cancer
STAY HEALTHY
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