



Prostate Cancer

The American Cancer Society estimates approximately 240,890 new cases of prostate cancer will be diagnosed in the United States in 2011 ⁽¹⁾.

The prostate is a male sex gland about the size of a walnut and lies behind the urinary bladder. The prostate produces the fluid that makes up semen. Prostate cancer is a disease in which the cells of the prostate become abnormal and form tumors ⁽¹⁾.

- Prostate cancer is the second most common cancer in American men
- Approximately 1 in 6 men will be diagnosed with prostate cancer during their lifetime
- Prostate cancer is the second leading cause of cancer death in American men

Some common symptoms of prostate cancer include ^(1,2):

- Low back pain
- Pain with ejaculation
- Painful urination
- Difficulty starting or stopping urination
- Urinary dribbling

Most prostate cancers can be detected by a rectal exam or a blood test that measures levels of a protein called prostate specific antigen (PSA). This protein level is usually high in men with prostate problems. You and your doctor can decide which tests are right for you ^(1,2).

Several key factors may increase a man's risk of developing prostate cancer; they include ⁽¹⁾:

- Advancing age
- Family history of prostate cancer
- Race/Ethnicity: prostate cancer is more common among African American men
- Eating too much red meat and high-fat dairy products
- Obesity
- [Prostatitis](#): inflammation of the prostate gland

If you are concerned about symptoms you are experiencing, you should contact your doctor. For more information on prostate cancer, please visit the following web-links:

Prostate Cancer Information:

- [Facts About Prostate Cancer](#)
- [Prostate Cancer Risk Questionnaire](#)
- [Prostate Cancer Interactive Tutorial](#)

References:

1. [American Cancer Society](#)
2. [U.S. National Library of Medicine and the National Institutes of Health](#)

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