



## Prostate Cancer

The American Cancer Society estimates approximately 192,280 new cases of prostate cancer will be diagnosed in the United States in 2009 <sup>(1)</sup>.

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 <sup>(1)</sup>.

- Prostate cancer is the most common cancer (other than skin 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 <sup>(1, 2)</sup>:

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

Most prostate cancers can be detected by a digital rectal exam (DRE) or a blood test that measures levels of a protein called prostate specific antigen (PSA). This protein is made by the prostate gland and men with prostate problems usually have high PSA levels. You and your doctor can decide which tests are right for you <sup>(1, 2)</sup>.

Several key factors may increase a man's risk of developing prostate cancer; they include <sup>(1, 3)</sup>:

- Advancing age
- Family history of prostate cancer
- Race/Ethnicity (prostate cancer is more common among African American men)
- Diet high in red meat or high fat dairy
- 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](#)
- [What is Prostatitis?](#)

### **References:**

1. [American Cancer Society](#)
2. [U.S. National Library of Medicine and the National Institutes of Health](#)
3. [The Centers for Disease Control and Prevention \(CDC\)](#)

Author: Karen Hulsmeyer, R.N.