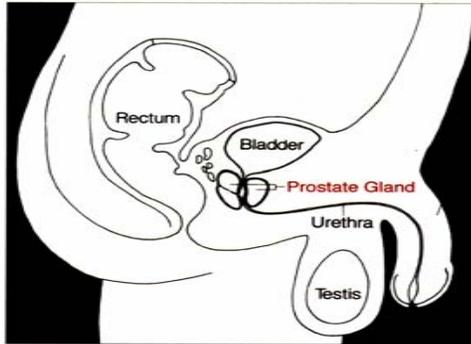


## WHAT IS PROSTATE CANCER

The prostate is a part of the male reproductive system, located below the bladder and just in front of the rectum. It is a walnut-size gland that manufactures fluid for semen.

Prostate cancer is a disease that affects the cells in the prostate. If cells divide in an abnormal way, they can form a tumor. Cancerous prostate tumors can block the flow of urine and, left untreated, can spread to other parts of the body.



**Prostate Cancer is the most common cancer in men.** Every year over 220,000 men are diagnosed with the disease, and about 30,000 die. If detected early, prostate cancer is often treatable.

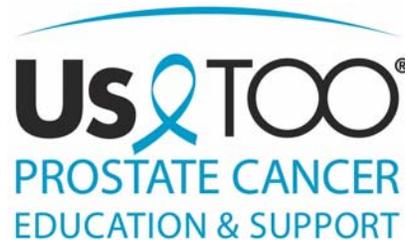
**The majority of newly diagnosed prostate cancers are localized.** (In other words, the tumor growth has not spread beyond the prostate gland). This is good news; early detection allows treatment options that increase the chances of survival.

**Prostate Cancer, in its early stages, may cause no symptoms.** Once prostate cancer is detected, a number of treatment options may be recommended. Please consult your doctor or visit [www.ustoo.org](http://www.ustoo.org) to find out more about the risks and benefits of each option.

## PROSTATE CANCER KILLS ONE MAN EVERY 13 MINUTES *DON'T BE ONE OF THEM!*

- Establish your 'baseline' PSA value by having an annual exam by age 45 or age 40 if you are African American, or have a family history of prostate cancer
- Track your PSA annually!
- An increase of 25% or more is a red flag. See your doctor as soon as possible for follow-up.

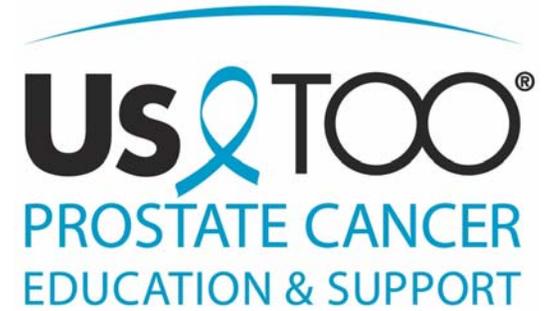
## FOR MORE INFORMATION CONTACT



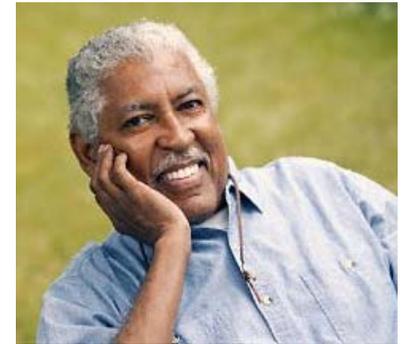
International Headquarters:  
5003 Fairview Avenue  
Downers Grove, IL 60515  
630-795-1002

PCa Hotline: 800-80-UsTOO  
(800-808-7866)

[www.ustoo.org](http://www.ustoo.org)



Someone to talk to . . .  
*who understands*



**Special News About Prostate  
Cancer For Men At High Risk**



## WHO IS AT RISK?

One in every six men will develop prostate cancer during his lifetime. African American men are 50% more likely to develop prostate cancer, and twice as likely to die of prostate cancer than men of other racial/ethnic groups.

Men in high risk groups (a man whose father or brother has been diagnosed with prostate cancer) have an increased chance of being diagnosed with prostate cancer, and may consider being tested by age 35.

### Tell your doctor if you have:

- Trouble urinating
- Frequent urinating, especially at night
- Weak or interrupted urine stream
- Pain or burning when urinating
- Painful ejaculation
- Nagging pain in the back, hips, or pelvis.

*There are no symptoms for prostate cancer, so testing is important.*

## TALK TO YOUR DOCTOR

Different kinds of doctors and other health care professionals manage prostate health. They can help you find the best care, answer your questions, and address your concerns. These health care professionals include:

- Family doctors and Internists
- Urologists, who are experts in diseases of the male reproductive and urinary tract systems
- Urologic oncologists, who are experts in treating cancers of the male urinary and reproductive systems such as prostate cancer
- Radiation oncologists, who use radiation therapy to kill cancer cells
- Medical oncologists, who treat cancers with medications such as hormone treatments and chemotherapy
- Pathologists, who are doctors that find diseases by studying cells and tissues under a microscope
- Nurses and social workers

View these professionals as your partners. Talking openly with your healthcare provider can help you learn more about your prostate changes and tests you should take.



## EARLY DETECTION IS KEY

The goal of early detection is to find the disease in its early stages when treatment is most likely to be effective. There are two widely used tests to aid in early detection of prostate cancer:

**PSA Exam** – This is a simple blood test that measures the level of a protein called **prostate-specific antigen**. PSA is produced by the prostate gland and normally occurs in the blood of all men. Elevated PSA levels can be a sign of prostate cancer.

**DRE Exam** - The **digital rectal exam** involves a physician inserting a lubricated, gloved finger into the rectum to feel for abnormalities on the surface of the prostate. This test is simple, safe, and only takes about 10 seconds to complete, with minimal discomfort.

The most effective method for early detection uses **both** the PSA and DRE exams. Although PSA will detect most high-risk cancers, there are cancers that may be missed by this test that may be detected by DRE. Using both tests together can give your doctor the most accurate information.