

# PROSTATE CANCER: What You Need to Know



## Where Do I Find Help?

- American Cancer Society [Prostate Cancer Information](#)
- Michigan Cancer Consortium – [Deciding what to do about prostate cancer](#)
- “Take Time to Decide” [www.cdc.gov/cancer/prostate/basic\\_info/infographic.htm](http://www.cdc.gov/cancer/prostate/basic_info/infographic.htm)
- Michigan Dept. of Health and Human Services [www.michigan.gov/cancer](http://www.michigan.gov/cancer)
- National Cancer Institute [Prostate Cancer Information](#)

### Additional Facts

Estimated 2015 Prostate Cancer Cases and Deaths in Michigan:

New cases: 8,110

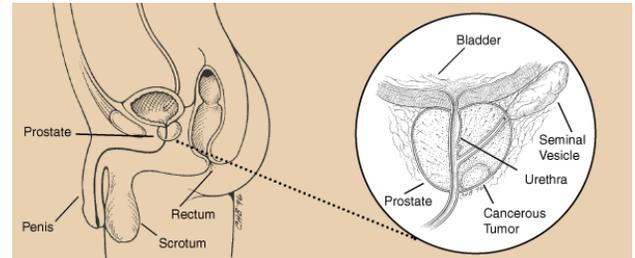
Deaths: 810

Source: [American Cancer Society Cancer Facts & Figures 2015](#)

Prostate cancer is the most frequently diagnosed cancer and the second leading cause of cancer death among men in Michigan, as well as nationally.

## What Is Prostate Cancer?

Prostate cancer affects men. It begins in the prostate gland and is the growth of cells that are not normal. These cells can form a cancerous or malignant tumor.



## What Causes Prostate Cancer?

The exact cause of prostate cancer is not known – making it hard to prevent it. Some things can increase your chance, or risk, of getting prostate cancer:

- ✓ Age – the chance of getting prostate cancer increases after age 50
- ✓ Race -- prostate cancer is more likely to be found in African-American men
- ✓ Family history of prostate cancer or a known genetic risk – talk with your doctor

## What Can I Do To Lower My Chances Of Getting Prostate Cancer?

Experts believe that some things may lower your chance, or risk, of getting prostate cancer:

- ✓ Routine exercise
- ✓ Eating a variety of vegetables and fruit each day
- ✓ Staying at a healthy weight

## Should I Talk with My Doctor About Prostate Cancer Screening?

Men should discuss prostate cancer screening with their doctor including its risks, potential benefits and known limits in order to make the testing decision that is right for them.

- ✓ Men with average risk should have this discussion with their doctor beginning at 50 years of age.
- ✓ **Men at higher risk** (African Americans or men with close relatives with prostate cancer) should have this discussion with their doctor as soon as 40 years of age.

Early prostate cancer usually causes no symptoms. Prostate cancer may be found early by testing the amount of prostate-specific antigen (PSA) in a man’s blood along with performing a digital rectal examination. However, finding prostate cancer early may not improve a man’s health or help him live longer.

## Call Your Doctor If You Have any Signs or Symptoms

- ✓ Difficulties with urination
- ✓ A need to urinate frequently, especially at night
- ✓ Difficulties having an erection
- ✓ Pain or burning while urinating
- ✓ Blood in the urine or semen