



## Prostate Cancer 2009 Fact Sheet

### Introduction

An estimated 192,280 men will be diagnosed with prostate cancer in 2009, and an estimated 27,360 will die from the disease. Most prostate cancer is diagnosed in men older than 65.

### At Risk

- All men over age 50
- Men with a family history of prostate cancer (a father or brother with prostate cancer more than doubles the risk)

African American men are more likely to develop prostate cancer than are men of other races and ethnicities.

### Risk Reduction and Early Detection

- Eat foods containing lycopene: tomatoes, tomato products, red grapefruit, watermelon or apricots.
- Eat foods containing selenium: light tuna, cod, beef, oatmeal or whole wheat bread.
- Watch your intake of calcium: diets high in calcium may increase risk.

Talk to your health care professional about screening. Some experts encourage men at average risk to have these tests annually, beginning at age 50:

- PSA (Prostate-Specific Antigen) blood test
- DRE (Digital Rectal Examination)

African American men and men with a family history of prostate cancer may need to begin testing earlier.

### Symptoms

In the early stages, there are usually no symptoms. Some men experience symptoms that include:

- Urinary problems (not being able to urinate, having trouble starting or stopping urine flow, having a weak or interrupted urine flow, feeling pain or a burning sensation while urinating)
- Blood in the urine
- Painful or difficult erection
- Pain in lower back, pelvis or upper thighs

Urinary symptoms may also be caused by other health problems, including BPH (benign prostatic hyperplasia).

### Treatment

Treatment options vary, depending on the stage of the cancer and other medical conditions of the individual.

- Treatments include surgery, radiation or hormone therapy. Sometimes treatments are combined.
- "Watchful waiting" may be an option if the possible risks of treatment seem greater than its possible benefits. This option should be open to reassessment, as a man's condition or concerns may change.