



Western  
**Health**

# Prostate Health

August 2014



# Objectives:

You will know :

- More about prostate cancer.
- What causes it.
- What the risk factors are.
- If prostate cancer be prevented.
- Screening tests for prostate cancer.
- What can you do to lower your risks.



# MEN!

- Have a lower life expectancy.
- Avail of medical services less often.
- Delay getting help when sick.
- Not comfortable talking about their illness.
- Have a prostate.



# Facts:

- Prostate cancer is the most common cancer among Canadian men (excluding non-melanoma skin cancers).
- It is the 3rd leading cause of death from cancer in men in Canada.
- 1 in 8 men will develop prostate cancer during their life.
- In 2014 it is estimated that 23,600 Canadian men will be diagnosed with prostate cancer and 4,000 will die.
- In NL it is estimated that 510 new cases of prostate cancer will be diagnosed in 2014 and approximately 65 will die.

# The Prostate Gland:

- The prostate is a gland found only in men.
- It is part of the reproductive system and helps to make semen.
- It is located in front of the rectum and under the bladder Male sex gland - size of a walnut (1 inch in diameter).
- Wrapped around the urethra (tube that carries urine from the bladder).



# What is Prostate Cancer:

- Cancer is the growth of abnormal cells.
- Cancer cells can invade and damage normal tissue.
- Prostate cancer starts in the cells of the prostate.
- Some prostate cancers can grow and spread quickly, **but most of them grow slowly.**

# Causes of Prostate Cancer:

- Cause of prostate cancer is unknown.
- Most likely cause is related to changes in the genetic material (DNA) in our cells.
- DNA changes can be passed down through families, or can occur due to environment or lifestyle.
- Evidence suggest that diet may play an important role.

# Risk Factors:

## Age:

- Risk increases with age, with more than 80% of cases diagnosed over the age of 65.

## Race:

- Greater risk for certain racial groups (African-Canadians).

## Family history:

- Greater risk for a man whose father or brother had or has prostate cancer.

## Diet:

- High in red meat-fat dairy products and low in fruits and vegetables may raise risk.





# Symptoms:

- There may be no symptoms.
- Hematuria (blood in urine).
- Difficulty urinating, frequency, burning (may be other causes).

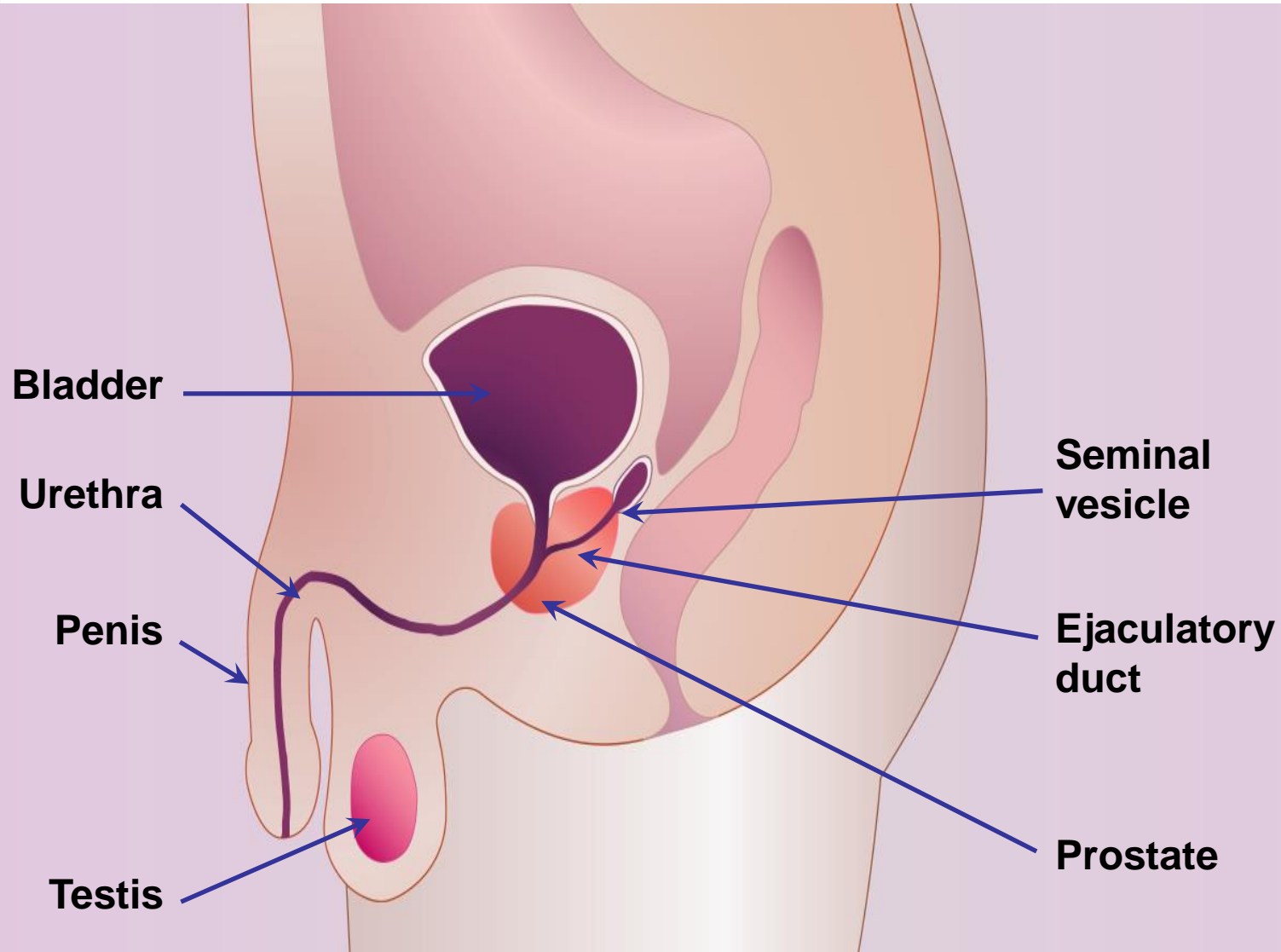


Normal Prostate



Enlarged Prostate

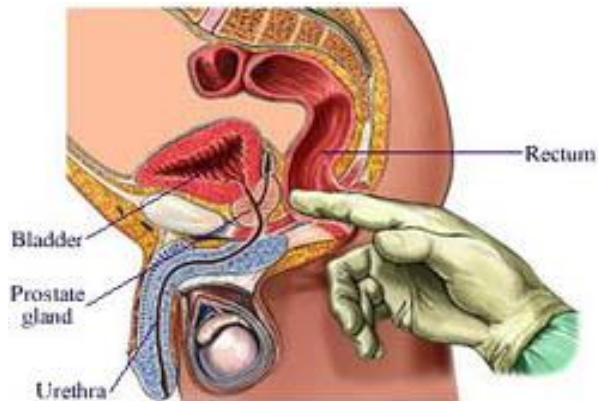
# Male Reproductive System



# Prostate Cancer Screening:

## Digital Rectal Examination (DRE).

- Doctor puts their gloved, lubricated finger into the rectum to feel for any bumps or hard areas on the prostate that might be cancer.
- May be uncomfortable, but causes no pain and only takes a short time



# Prostate Cancer Screening:

**Blood test:** Prostate-Specific Antigen (PSA).  
Made by cells in the prostate gland

- Most healthy men have a small amount of PSA [less than 4 nanograms per millileter(ng/ml)] in their blood.

**The PSA test is NOT currently recommended in Canada as a population-based screening test.(CCS 2014)**

# Treatment:

Depends on several factors:

- How fast the cancer is growing
- How much it has spread
- Overall health

Includes:

- No treatment: watchful waiting
- Surgery
- Radiation therapy
- Hormone therapy
- Chemotherapy

# Can it be prevented?

- Because the exact cause of prostate cancer is not known, at this time it is not possible to prevent most cases of the disease.
- Known risk factors such as age, race, and family history cannot be controlled.
- Supplements/vitamins have not been proven to lower the risk. (Talk to health care provider before taking any supplements).

# What you can do:

- Eat right
  - Choose foods & beverages in amounts that help achieve and maintain a healthy weight.
  - Vegetables and fruits each day.
  - Choose whole grain instead of refined grain products.
  - Limit red meats and processed meats.
- Talk with your health care provider about your known risk factors and what you can do to lower your risks.

# Summary:

- Prostate cancer is common cancer among men.
- Most prostate cancer grow slow, so if diagnosed early, prostate cancer can be treated effectively.
- Know the symptoms.
- Discuss prostate screening with your health care provider.
- If you have unusual symptoms, see your health care provider.





**Don't be a target for prostate cancer.**



**It's a guy thing - get it checked.**



**Western  
Health**

**Your prostate matters.**

**Contact your health care provider today.**

**[www.westernhealth.nl.ca/getitchecked](http://www.westernhealth.nl.ca/getitchecked)**