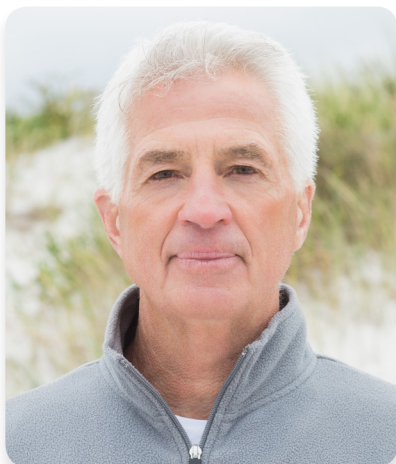


PROSTATE CANCER AWARENESS



The incidence of prostate cancer in the Western world has risen by nearly 75% in the last 15 years, according to medical journal publisher SAGE. One in twelve men over the age of 60 develop prostate cancer, and this figure is expected to continue to rise.

What is prostate cancer?

Prostate cancer is the most common non-skin cancer and the second leading cause of cancer death among American men. However, if diagnosed early, the five-year survival rate is almost 100 percent.

The prostate, a walnut-sized organ located just below the bladder, produces fluid that makes up a part of semen. The prostate gland surrounds the urethra, the tube that carries urine and semen through the penis and out of the body.

What are the risk factors?

There is no way to know for certain if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are 50 or older, African-American, or have a father, brother, or son who has had prostate cancer.

Despite the identification by scientists of genetic and environmental risk factors for prostate cancer, the evidence is not strong enough for conclusive recommendations on prevention. However, diet and lifestyle modifications have been shown to reduce the risk of prostate cancer development and progression, and can help men with prostate cancer live longer and better lives.

What are the signs?

Early prostate cancer often does not cause symptoms and they vary for each person. However, patients may sometimes experience lower urinary tract symptoms, which require medical attention. Some symptoms of prostate cancer are difficulty starting urination, frequent urination (especially at night), weak or interrupted flow of urine, and blood in the urine or semen.

Should you have a prostate screening?

There is no unanimous opinion in the medical community regarding the benefits of prostate cancer screening. Those who advocate regular screening believe that finding and treating prostate cancer early offers men more treatment options with potentially fewer side effects. You should talk to your doctor about whether a prostate screening is appropriate for you.

 **Best Doctors**
Helps You Get it Right



If you have questions about a diagnosis, or are facing a medical decision, contact Best Doctors.

Call 866.904.0910 or visit members.bestdoctors.com