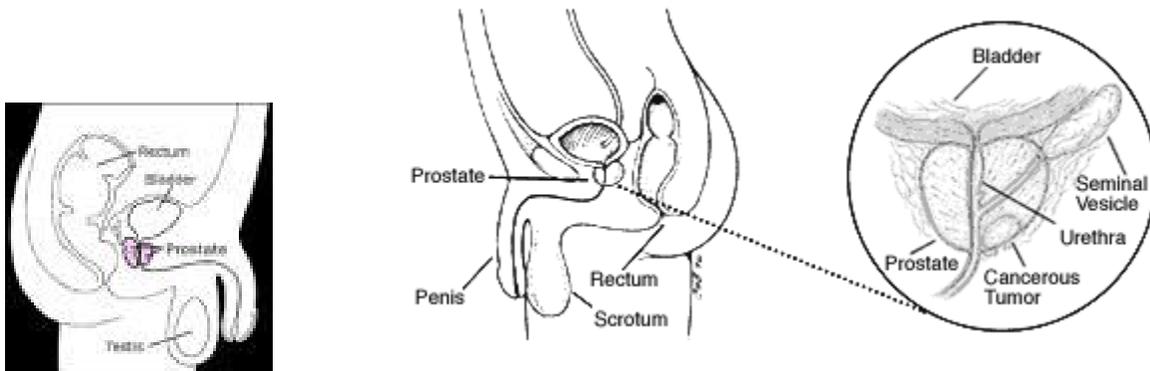


Prostate Cancer

The prostate is a walnut-sized gland in the male reproductive system located under the bladder and in front of the rectum. It produces semen, the liquid that carries the sperm when a man ejaculates. Prostate cancer is an uncontrolled growth of abnormal cells in the prostate gland. Prostate cancer is one of the most common types of cancer among men over 50 years old.



Risk Factors for Prostate Cancer May Include:

- ✓ older age (over the age of 55), or
- ✓ having one or more close relatives (a father or brother) with prostate cancer, or
- ✓ eating a diet high in animal fat.

Symptoms of Prostate Cancer:

There are no symptoms in the early stages, so screening is very important, but later stages may include:

- ✓ weak or interrupted urine flow,
- ✓ frequent urination (especially at night),
- ✓ difficulty urinating,
- ✓ pain or burning during urination,
- ✓ blood in the urine or semen,
- ✓ nagging pain in the back, hips or pelvis, or
- ✓ painful ejaculation.

How to Detect Prostate Cancer:

When prostate cancer is found early enough, a man has more treatment choices and a good chance of recovery. Men with high risk factors should get screened each year beginning at age 40, and at age 50 for all others. Ask your doctor about:

- ✓ digital rectal exams. A doctor or nurse inserts a lubricated, gloved finger into the rectum to feel the prostate through the rectal wall for lumps or abnormal areas.
- ✓ the prostate-specific antigen (PSA) test. This test is for a substance made by the prostate which may be in higher levels in the blood of men with prostate cancer.
- ✓ newer preventive screening tests (e.g. transrectal ultrasound) are available for further diagnosis of prostate cancer. Ask your doctor about new testing options.

For more information, please contact:

Newcomers Health Program
1490 Mason St. #107
San Francisco, CA 94133-4222
(415) 364-7647
www.dph.sf.ca.us/CHPP/newcomers/newcmrs.htm

Or
American Cancer Society
1-800-ACS-2345
www.cancer.org

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