

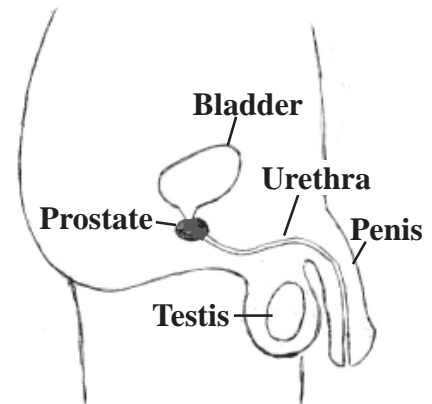
About Cancer Of The Prostate



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What is the prostate?

It is a gland in men that makes part of the fluid which helps to carry sperm out of the body. The prostate is about the size of a walnut. It forms a donut-like ring around the urethra, which is the tube through which urine (pee) passes out from the bladder through the penis.



If the prostate gets bigger, as it sometimes does in older men, it can slow or even stop urine (pee) from flowing through the urethra.

What should I know about cancer of the prostate?

Each year, about 40,000 men in the USA die from cancer of the prostate. A cancer that grows in the prostate can spread to other parts of the body. Some prostate cancers grow very slowly. Others grow fast. Some men have a higher chance of getting cancer of the prostate than others. They are:

- Those older than 50 years old.
- Those who have a father or brother who has had cancer of the prostate.
- Those who are African-American.
- Those who have had prostate cells that are not normal.

Men who have had a vasectomy **do not** seem to have a higher chance of getting cancer of the prostate.



What are the symptoms of cancer of the prostate?

Some men have no symptoms. In other men, the symptoms are caused by the prostate getting bigger, or by an infection of the prostate. Any man who has any of these symptoms needs to call his health care provider to find out what is causing the problem so it can be treated as quickly as possible.



- Problems urinating (peeing), such as:
 - Not being able to urinate (pee), or trouble starting or stopping.
 - Needing to urinate (pee) a lot, specially at night.
 - Pain or a burning feeling while urinating (peeing).

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- Blood in the urine (pee) or in the semen.
- Trouble having an erection.
- Often has pain in the hips, back or upper thighs.

How will my health care provider check for cancer of the prostate?

At age 50, men should start getting checked every year for cancer of the prostate. Men who have a higher chance of getting this cancer should start being checked when they are 45 years old.

There are 2 tests that your health care provider may want you to have. These tests only show if there is a problem with your prostate. They do not tell what the problem is.

- The Digital Rectal Exam (DRE) - In this test, the health care provider will feel your prostate to check for lumps and hardness. The health care provider will do this by wearing a glove, and putting a finger in the rectum to check your prostate through the thin, soft wall which is between the rectum and the prostate.
- The Prostate-Specific Antigen (PSA) - This is a blood test that checks the level of PSA to see if it is normal or not.

If either of these tests show a problem, your health care provider may want you to have more tests, such as:

- A transrectal ultrasound which uses sound waves from a small tube put into the rectum to check on the prostate.
- A cystoscopy, in which a thin tube with a light on the end is gently put through the penis so your health care provider can see into your urethra and bladder.
- A biopsy, in which a few cells from your prostate are taken out to be checked. This will be done through the rectum. Sometimes an ultrasound is done so your health care provider can see just where to get the cells for the biopsy. These cells are checked to see if they are normal or not.

How is cancer of the prostate treated?

Some men will not need any treatment at all. “Watchful waiting” and more check-ups may be all that’s needed. Other men may need:



- Surgery in which the prostate is taken out (prostatectomy).
- X-ray (radiation) treatment to kill the cancer cells.
- Hormone treatment or medicines.

Your health care provider will talk with you about your test results, your health and the best treatment for you.