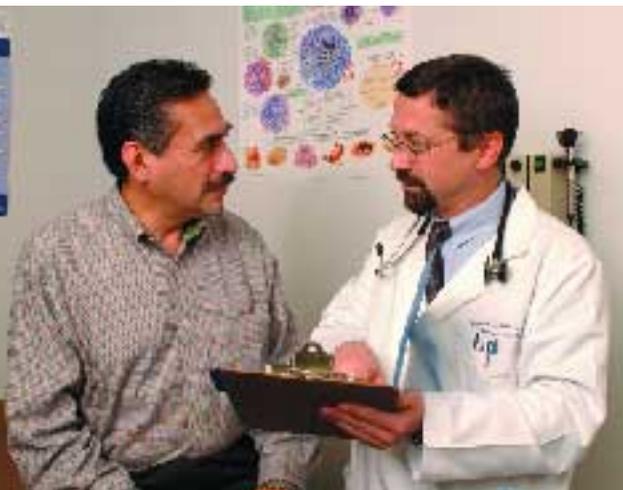


Can prostate cancer be prevented?

- There is no special diet or exercise program to prevent prostate cancer.
- Prostate cancer screening can be done every year.
- Every man has a right to request a screening test from his doctor.
- If you are a man age 50 or older, or age 45 or older with a brother or father who has had prostate cancer, you should discuss prostate cancer screening with your doctor.



Resource Information

For more information about prostate cancer screening, call any of these toll-free numbers:

Texas Department of Health
1-800-242-3399

American Cancer Society
1-800-227-2345

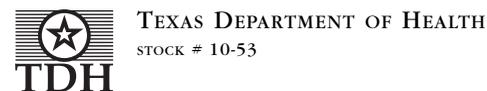
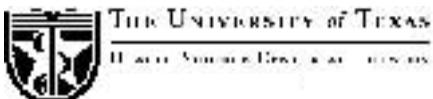
Cancer Information Service
1-800-422-6237

Website Information

Texas Department of Health
<http://www.tdh.state.tx.us/PROSTATE.HTM>

American Cancer Society
<http://www.cancer.org>

Centers for Disease Control and Prevention
<http://www.cdc.gov>



Prostate Cancer Screening Project
Sponsored by the School of Medicine and School of Public Health
The University of Texas-Houston Health Science Center
Main Funding Sources: Department of Defense (DAMD17-001-0046)
National Cancer Institute (K08-CA78615)
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Living

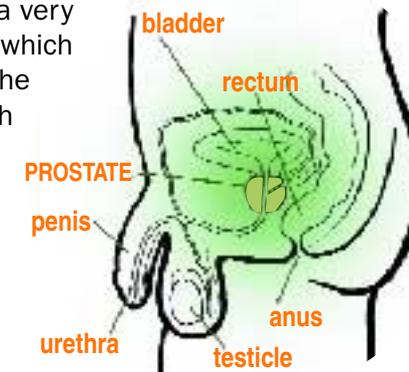
...with
your
own
decision

Facts about prostate cancer screening for the Hispanic man

This brochure is designed to help you talk to your doctor about whether prostate cancer screening is right for you.

What is the prostate?

The prostate is a male genital gland located in front of the rectum and behind the penis, about the size of a very small lime, which surrounds the tube through which urine passes.



Who is at risk?

What are the facts?

- Prostate cancer is the most common type of cancer and leads to more deaths in men than any other type of cancer except lung cancer.
- In the United States, prostate cancer accounts for 31,600 deaths per year.
- Approximately 1 in 6 men will develop prostate cancer in his lifetime.
- The risk of prostate cancer is higher in a Hispanic man who is older or who has a family history of it.
- A man over age 70 is more likely to have prostate cancer but less likely to die from it compared to other medical conditions.

What are the symptoms?

Prostate cancer may grow slowly and not cause any symptoms. A man with early prostate cancer may have no symptoms. A man with advanced prostate cancer may have symptoms such as urinary problems or back pain.

What is prostate cancer screening?

There are two tests, which can be done together to screen for prostate cancer:

- Digital Rectal Exam
- Prostate Specific Antigen (PSA) test

Done together, both the PSA test and digital rectal exam are most appropriate for men with at least a 10-year life expectancy.

DIGITAL RECTAL EXAM

During the digital rectal exam the doctor uses a gloved finger to feel for abnormal lumps in the prostate. The digital rectal exam can be embarrassing for some men. However, it only lasts a short time and should not be painful. An abnormal digital rectal exam may lead to a biopsy of the prostate to see if prostate cancer is present.

PROSTATE SPECIFIC ANTIGEN TEST

The PSA test is a blood test for prostate cancer. It measures the level of a substance in the blood called prostate specific antigen. An elevated PSA test result may lead to other tests, such as a biopsy of the prostate, to see if prostate cancer is present.

- The PSA test can detect prostate cancer sooner than the digital rectal exam alone.
- There are advantages and disadvantages to taking the PSA test. One advantage is that it may not be as embarrassing as a digital rectal exam. One disadvantage is that a man could end up worrying about what an elevated PSA test result means.
- A PSA test result can be normal when a man has prostate cancer. This is called a “false negative” PSA test result.
- The PSA test can be abnormal even when your prostate is normal. This is called a “false positive” test result.
- The PSA test is being evaluated because doctors do not know whether having it done regularly will save men from dying of prostate cancer.



After receiving an abnormal PSA test or digital rectal exam result, a man may have a biopsy of the prostate to see if cancer is there.

However, a biopsy may show normal cells even though cancer is present. This is called a “false negative” biopsy result.

Although a man thinking about taking the PSA test can consult with a doctor, he should make the final decision himself.

Options for men with early prostate cancer

A man with early prostate cancer can choose any one of these options:

- Watchful waiting
- Surgery to remove the prostate (radical prostatectomy)
- Radiation Therapy
High energy x-rays may be used to kill cancer cells

Nobody knows whether treating prostate cancer early is helpful or whether one treatment is better than another. There may be side effects from prostate cancer treatment such as: the inability to get or keep an erection; the inability to hold urine; narrowing of the tube through which urine passes due to scars called strictures; trouble urinating; and rectal scarring.

If you are diagnosed with prostate cancer, ask your doctor about clinical treatment trials.