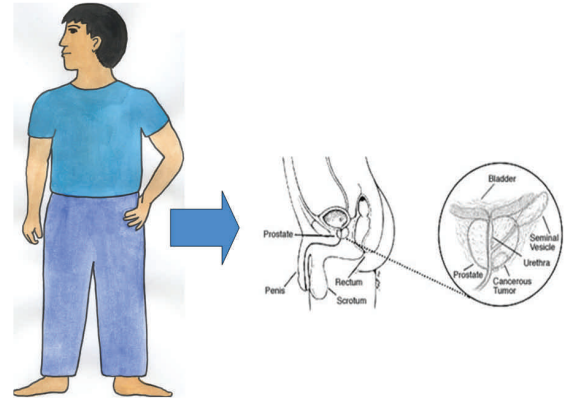




## What is prostate cancer?

The prostate (**pros-tate**) is a gland found only in men. The prostate is just below the bladder and in front of the rectum. The prostate contains cells that make some of the fluid (semen) that protects and nourishes the sperm.

Prostate cancer starts when cells in the prostate grow out of control.



## Why is prostate cancer a concern for American Indian men?

While American Indian men have a lower incidence of prostate cancer than other races they have a poor survival rate.

## What causes prostate cancer?

Researchers do not yet know exactly what causes prostate cancer, but they do know that certain risk factors are linked to the disease.

## What are other the risk factors for prostate cancer?

- **Age:** The chance of getting prostate cancer goes up quickly after a man reaches age 50.
- **Race-** For unknown reasons, prostate cancer is more common among African-American men than among men of other races. African-American men are also more likely to have a more advanced disease when it is found and are more likely to die of the disease
- **Family History-** Prostate cancer seems to run in some families. Men with close family members (father or brother) who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.
- **Diet-** The exact role of diet in prostate cancer is not clear, although several different factors have been studied. Men who eat a lot of red meat or high-fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors causes the risk to go up.

## What can you do to prevent prostate cancer?

**Diet** - While the results of research studies are not yet clear, you may be able to reduce your risk of prostate cancer by changing the way you eat. The American Cancer Society suggests:

- Eating less red meat and fat
- Eat 5 or more servings of fruits and vegetables each day.

These guidelines provide healthful approach to eating that may help lower your risk for some other types of cancer, as well as other diseases.

## What are the signs/symptoms of prostate cancer?

Symptoms of prostate cancer may include:

- weak or interrupted flow of urine
- urinating often (especially at night)
- difficulty urinating or holding back urine
- inability to urinate
- pain or burning when urinating
- blood in the urine or semen
- nagging pain in the back, hips, or pelvis
- difficulty having an erection

If you have these symptoms, it is very important to see your health care provider.

## How can prostate cancer be detected?

- **Physical Exam:** the doctor will ask you questions about your symptoms.
- **Prostate-Specific Antigen (PSA) test:** Your blood is tested for PSA levels.
- **Digital Rectal Exam (DRE).** The doctor with a gloved finger exams the prostate through the rectum. The doctor can feel if there are any bumps or hard places on the prostate.

The information in the Gathering Basket education materials is not intended as medical advice, please consult your health care provider regarding treatment decisions.



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