

Worksite Solutions

Health and safety information provided by Blount Memorial Business Health

Prostate Health

As men grow older, the risk of prostate problems are increased. The three most common prostate problems are:

- **Prostatitis** – This is an inflammation of the prostate gland that may result from a bacterial infection. It affects at least half of all men at some time during their lives. Having this condition does not increase your risk of any other prostate disease. Several tests, such as a digital rectal examination (DRE) and a urine test, can be done to see if you have prostatitis. Correct diagnosis of your exact type of prostatitis is key to getting the best treatment. Even if you have no symptoms, you should follow your doctor's advice to complete treatment.
- **Enlarged Prostate (BPH, or benign prostatic hyperplasia)** – Benign means "not cancer," and hyperplasia means abnormal cell growth. The result is that the prostate becomes enlarged. BPH is not linked to cancer and does not increase your risk of getting prostate cancer—yet the symptoms for BPH and prostate cancer are similar.
- **Prostate Cancer** - Prostate cancer means that cancer cells form in the tissues of the prostate. It is the most common cancer in American men after skin cancer.

One change does not lead to another. For example, having prostatitis or an enlarged prostate does not increase your risk of prostate cancer. It also is possible for you to have more than one condition at the same time. By age 50, very few men have symptoms of prostate cancer, yet some precancerous or cancer cells may be present. More than half of all American men have some cancer in their prostate glands by the age of 80. Most of these cancers never pose a problem. They may never cause symptoms or become a serious threat to health. Most men with prostate cancer do not die from this disease.

Some risk factors have been linked to prostate cancer. Having one or more risk factors doesn't mean that you will get prostate cancer. It just means that your risk of the disease is greater.

- **Age.** Men who are 50 or older have a higher risk of prostate cancer.
- **Race.** African-American men have the highest risk of prostate cancer—the disease tends to start at younger ages and grows faster than in men of other races. After African-American men, prostate cancer is most common among white men, followed by Hispanic and Native American men. Asian-American men have the lowest rates of prostate cancer.
- **Family history.** Men whose fathers or brothers have had prostate cancer have a two to three times higher risk of prostate cancer than men who do not have a family history of the disease. A man who has three immediate family members with prostate cancer has about 10 times the risk of a man who does not have a family history of prostate cancer. The younger a man's relatives are when they have prostate cancer, the greater his risk for developing the disease. Prostate cancer risk also appears to be slightly higher for men from families with a history of breast cancer.
- **Diet.** The risk of prostate cancer may be higher for men who eat high-fat diets.

A screening test like the Prostate-Specific Antigen (PSA) test may help find cancer at an early stage, when it is less likely to have spread and may be easier to treat. By the time symptoms appear, the cancer may have started to spread. The most useful screening tests are those that have been proven to lower a man's risk of dying from cancer. Talk with your healthcare provider about your risk for prostate cancer and your need for screening tests. – National Cancer Institute 2009

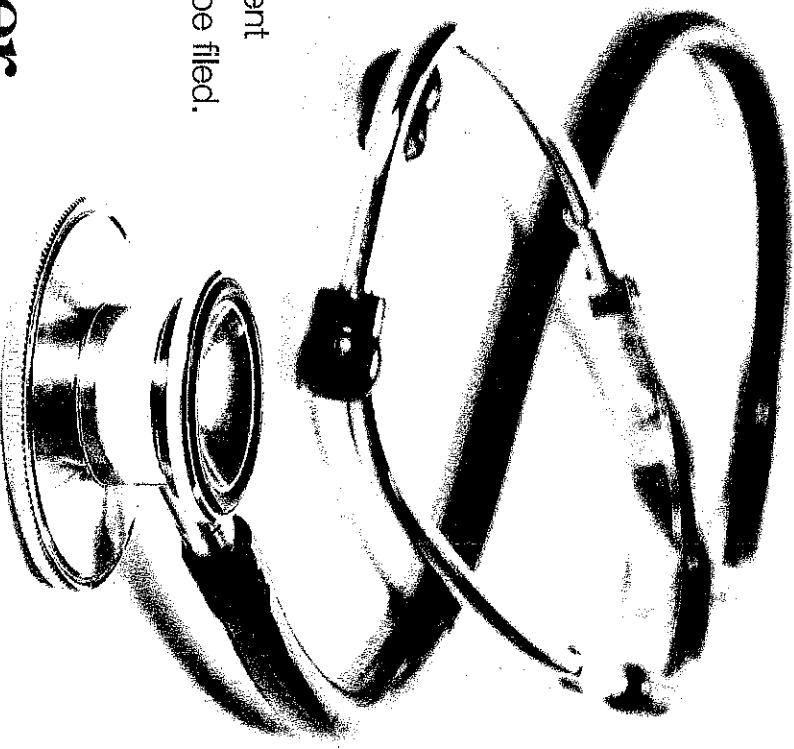
September 2011

Free Prostate-Specific Antigen (PSA) Screenings

Held in the Blount Memorial Cancer Center

Wednesday, Sept. 14, 10 a.m. - 6 p.m.

Prostate cancer is the second-leading cause of cancer death for men in the United States, but early detection can help treat the cancer and restore body function. Free PSA blood tests will be available for men ages 40 and older. Men can call 865-980-5038 for an appointment time for convenience, but walk-ins are welcome, as an appointment is not required. No insurance will be filed.



Coffee Talk: Prostate Cancer

*Held in the Blount Memorial Cancer Center
conference rooms 1 and 2, second floor*

Wednesday, Sept. 14, 8:30 a.m.

A physician-led panel discusses over coffee the early detection, diagnosis and treatments of prostate cancer. A question-and-answer session also is included, and free prostate-specific antigen (PSA) blood tests will be available for men age 40 and older. Call 865-980-5038 to register.



**Blount Memorial
Hospital**

www.blountmemorial.org