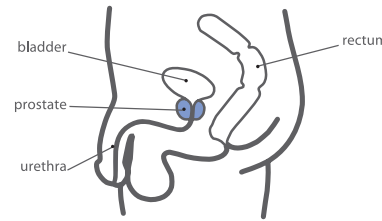


Understanding Prostate Cancer



Facts That Every Man Over 40 Should Know



What Is The Prostate Gland?

- The prostate is part of the male reproductive system.
- Its major function is to secrete a fluid to nourish semen.
- The prostate is about the size of a walnut but it can grow with age.
- It is located below the urinary bladder, in front of the rectum surrounding the urethra (the canal for the discharge of urine that extends from the urinary bladder to the outside)

What Is Prostate Cancer?

- Cancer is a cellular disease.
- It is a disordered and abnormal cell growth.
- In prostate cancer, as in other types of cancer, cells grow out of control and form tumors.
- If the tumor is within the gland, the cancer is said to be localized and curable.
- If the cancer escapes the gland, it is considered incurable.
- Early detection before the cancer escapes the gland is very important.

Early detection and effective treatment when the cancer is localized can possibly save your life

What are The Symptoms of Prostate Cancer?

You might not have any at all!

Often there are none, or they are not recognized:

Major Symptoms:

- Urinary frequency
- Slow urinary flow
- Painful urination
- Blood in urine or semen
- Impotence
- Lower back or thigh pain

Prostate Cancer Risk Factors

Age: The risk increases with age, but 25% of diagnoses are made under age 65.

Race: African-Americans have a rate of incidence double that of Caucasian men.

Family history of prostate cancer: Men with a family history have two- to three-fold increase in the risk of prostate cancer.

Diet: A diet high in saturated animal fat can double the risk of developing prostate cancer.

How to Avoid an Advanced Stage Diagnosis

Early Detection is the Answer

- Since symptoms can be caused by other conditions annual testing is KEY!
- Prostate Specific Antigen (PSA), a blood test
- Digital Rectal Examination (DRE), a physical exam
- DRE and PSA together are often able to detect prostate cancer better and sooner than either test alone.

When do I need to Start Getting Tested?

DRE: 40 years and older every year
(American Cancer Society guidelines)

PSA: 50 years and older every year
(American Cancer Society guidelines)

If family history of prostate cancer and/or African-American: 45 years and older every year
(American Cancer Society guidelines)

The Diet

- A balanced diet rich in fruits and vegetables! (5 servings/day)
- Lower your intake of red meat, processed and fried foods. Eat more plant-based food like soy protein.
- Watch portion sizes (90 gm meat/serving)
- Eat foods with lycopene (tomatoes, watermelon and red grapefruit) which may be associated with a decreased risk of prostate cancer

FOR MORE INFORMATION

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