

Cancer Awareness

Facts

- Skin cancer, lung cancer, colon and rectal cancer, and testicular cancer commonly strike men.
- Lung Cancer, the Number One Cancer Killer: Each year, nearly 200,000 people in the United States are told they have lung cancer and more than 90,000 people die from this disease. Deaths from lung cancer represent about one out of every six deaths from cancer in the U.S.
- Prostate cancer is the most common cancer in men. In the United States in 2007, 223,307 men were diagnosed with prostate cancer, and 29,093 men died from it.

What is cancer?

Cancer is a group of many diseases that begin in cells, which are the building blocks of your body. In a person who has cancer, unhealthy cells grow in an out-of-control way. Most cancers are named for the part of the body where they start.

Prostate Cancer:

Prostate cancer is one of the leading causes of cancer death among men. Researchers are trying to figure out what things might put a man at risk of prostate cancer. Some possibilities include eating a diet that is high in animal fat and being exposed to certain chemicals like pesticides.

The following are known risk factors for prostate cancer:

- **Age** — Being 50 years of age or older
- **Family history** — Having a brother, son, or father who had prostate cancer increases your risk (and a family history of breast or ovarian cancer may also increase your risk)
- **Race** — Being African-American
- **Genes** — Having certain genes can raise your risk

Every man needs to decide if screening is right for him. Talk to your doctor about the pros and cons of routine screening for you. Some issues to discuss include your age, your overall health, your family medical history, and whether or not you feel comfortable “watching and waiting” if tests find cancer.

Prostate cancer usually doesn't cause any symptoms in the beginning. If you have symptoms, they might include blood in the urine, pain or burning while urinating, not being able to urinate, and constant pain in the lower back. These symptoms could be a sign of some other condition, but see your doctor as soon as possible if you have any of them.

Sources: <http://www.cdc.gov/cancer/prostate/>, <http://www.cdc.gov/features/lungcancer/>, & <http://www.womenshealth.gov/mens/sexual/prostate.cfm#cancer>

Objective: This Outreach activity promote healthy living and reduce health disparities by increasing of awareness and education of men's health.

A few ideas to get you started...

- **Bulletin announcements**

Post a men's health fact in each bulletin or newsletter for the month.

- **Mirror clings**

Use the mirror clings included in this toolkit. Place on bathroom mirrors as a reminder and learning tool. (a two-fold educational tool, the message is visible and the person may spend more time washing their hands as they read)

- **Men's Health Workshops/Educational Classes**

In all men's groups open the floor for education and conversation on important and the importance of men's health topics. Encourage all members to come after all taking control of one's health is often a community effort. Select a specific time to concentrate on the importance of men's health such as September, Prostate Cancer Awareness Month or on **Father's Day**.

- **Prostate Cancer Screening**

Suggest that your congregants talk to doctors about offering Prostate Specific Antigen Screenings, PSA and Digital Rectal Exams, DRE in a men's health forum. These screenings help identify heart disease, diabetes, and prostate cancer, and may tell you if it is important to modify your diet and adopt an exercise routine.

- **Prostate Cancer Awareness Month**

Use the blue prostate cancer awareness ribbon creatively. Encourage men who have completed their screening to wear the ribbon during the month of September as a conversation starting. Provide them with talking points that will encourage men to be screened.

Identify a prostate cancer survivor to share his story.

Prostate Specific Antigen Test

Prostate-specific antigen (PSA) is a substance produced by the prostate gland. Elevated PSA levels may indicate prostate cancer or a noncancerous condition such as prostatitis or an enlarged prostate.

How Is The PSA Screening Test Done?

The test involves drawing blood, usually from the arm. The results are usually sent to a laboratory and most often come back within several days.

When Should I Have My PSA Levels Tested?

The American Cancer Society says men should talk to their doctors about the benefits, risks, and limitations of prostate cancer screening before deciding whether to be tested. The group's guidelines make it clear that prostate-specific antigen (PSA) blood testing should not occur unless this discussion happens.

For most men at average risk, screening is started at age 50. However, some doctors recommend that men at higher risk of prostate cancer — African-American men or men with a family history of prostate cancer — start screening earlier.

The American Urological Association recommends a first-time test at age 40, with the schedule of follow-up testing to be determined on an individual basis.

If prostate cancer screening is done, it involves a blood test and possibly a prostate exam by your doctor. Whether or not you test is something you and your doctor must decide together.

If your doctor is concerned that you might have prostate cancer based on either your PSA level or a rectal exam, a biopsy (a lab testing of a small amount of tissue from the prostate) will be this next step. This is the only way to positively identify the presence of cancer.

What Does an Elevated PSA Level Mean?

Elevated PSA levels may indicate prostate cancer or a noncancerous condition such as prostatitis or an enlarged prostate.

Your PSA level can also be affected by other factors:

- Age. Your PSA will normally go up slowly as you age, even if you have no prostate problems.
- Medications. Some medicines may affect blood PSA levels. Tell your healthcare provider if you are taking finasteride (Proscar or Propecia) or dutasteride (Avodart). These drugs may falsely lower PSA levels typically by half of what it would normally be.

If your PSA level is high, your doctor may recommend that you get a prostate biopsy to determine if you have cancer.

Signs and Symptoms:

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. These symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

Action Plan:

- Eat fewer calories or exercise more so that you maintain a healthy weight.
- Try to keep the amount of fat you get from red meat and dairy products to a minimum.
- Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance of 1,500 mg.
- Eat more fish – evidence from several studies suggest that fish can help protect against prostate cancer because they have "good fat" particularly omega-3 fatty acids. Avoid trans fatty acids (found in margarine).
- Try to incorporate cooked tomatoes that are cooked with olive oil, which has also been shown to be beneficial and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals.
- Avoid smoking for many reasons. Alcohol in moderation, if at all.
- Seek medical treatment for stress, high blood pressure, high cholesterol, and depression. Treating these conditions may save your life.
- Avoid over-supplementation with megavitamins. Follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils you likely do not even need a multivitamin.

- Relax and enjoy life. Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.
- Finally, eating all the broccoli in the world, though it may make a difference in the long run, does not take away your risk of having prostate cancer right now. If you are age 50 or over, if you are age 40 or over and African-American or have a family history of prostate cancer, you need more than a good diet can guarantee. You should consider a yearly rectal examination and PSA test.

Sources: <http://www.webmd.com/prostate-cancer/guide/psa> & <http://www.pcf.org/site/c.leJRIROrEpH/b.5802029/k.31EA/Prevention.htm>

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Copy onto transparency paper, post on mirror

Prostate Cancer:

Prostate cancer is one of the leading causes of cancer death among men.

Some risk factors for prostate cancer:

- **Age** — Being 50 years of age or older
- **Family history** — Having a brother, son, or father who had prostate cancer increases your risk (and a family history of breast or ovarian cancer may also increase your risk)
- **Race** — Being African-American (may occur as early as age 40)
- **Genes** — Having certain genes can raise your risk

Every man needs to decide if screening is right for him. Talk to your doctor about the pros and cons of routine screening for you. Some issues to discuss include your age, your overall health, your family medical history, and whether or not you feel comfortable “watching and waiting” if tests find cancer.

Most importantly have a complete physical exam yearly and include prostate cancer screening

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