

Prostate Cancer Facts

Men of any age can get prostate cancer.

Prostate cancer can be found in men younger than 40, but it's very rare in this age group. The risk of prostate cancer rises rapidly after age 50 – about 6 in 10 cases of prostate cancer are found in men over the age of 65.

Early prostate cancer usually doesn't cause symptoms.

As it grows, the cancer can cause things like:

Problems passing urine (peeing) like a weak or slow stream, or having to go a lot, especially at night.

Blood in the urine

Erection problems

Weakness and bone pain

Other diseases cause these symptoms, too, so it's important to see a doctor if you have any of these problems so that the cause can be found and treated, if needed.

Prostate cancer is very common in the US.

Other than skin cancer, prostate cancer is the most common cancer in US men. Each year more than 230,000 men are diagnosed with prostate cancer in the US. And, it's the second leading cause of cancer death in US men, behind only lung cancer.

Most men are diagnosed with prostate cancer when it's still at an early stage – it's small and has not spread.

There are many important factors to take into account before deciding on a treatment, such as your age, your general health, and the likelihood that the cancer will cause problems for you. You should also think about possible side effects of treatment. Some men, for example, want to avoid possible surgery and radiation side effects, like incontinence or impotence, for as long as possible or to focus on active surveillance.

Testing for prostate cancer is a decision between you and your doctor.

The American Cancer Society recommends that men have a chance to make an informed decision with their health care provider about whether to be checked for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening.

There are things you can do to lower your risk.

We don't know the cause of most cases of prostate cancer. But there are things you can do to help decrease your chances of getting prostate cancer and many other types of cancer:

Get to and stay at a healthy weight.

Get regular physical activity.

Limit your intake of high-calorie foods
Eat vegetables and fruits.

Choose whole grains.

Limit processed meat and red meat.

Drink no more than 2 drinks per day.

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