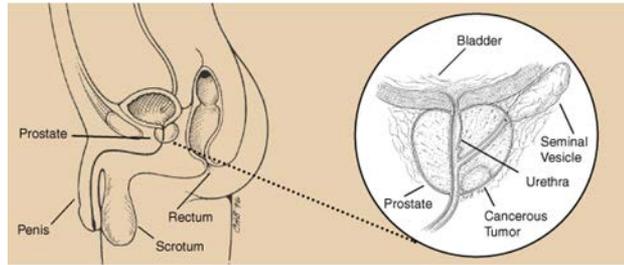


Prostate Cancer: What You Need to Know

August 2017

What Is Prostate Cancer?

Prostate cancer affects men. It is a cancer that begins in the prostate gland. Cancer is the growth of cells that are not normal. These cells can form a cancerous or malignant tumor.



What Causes Prostate Cancer?

The exact cause of prostate cancer is not known – making it hard to prevent. Some things can increase your chance of getting prostate cancer:

- Age – the chance of getting prostate cancer goes up after age 50
- Race -- prostate cancer is more likely to be found in African-American men
- Family history of prostate cancer or a known genetic risk – talk with your doctor

What Can I Do To Lower My Chances Of Getting Prostate Cancer?

Experts believe that some things may lower your chance of getting prostate cancer:

- Regular exercise
- Eating different vegetables and fruit each day
- Staying at a healthy weight

Should I Talk with My Doctor About Prostate Cancer Screening?

Men should discuss prostate cancer screening with their doctor including its risks, benefits, and known problems in order to make the decision that is right for them.

- Men with average risk should have this discussion with their doctor beginning at 50 years of age.
- **Men at higher risk** (African-American men or men with close relatives with prostate cancer) should have this discussion with their doctor as soon as 40 years of age.

Early prostate cancer usually causes no symptoms. Prostate cancer may be found early through screening, but finding prostate cancer early may not improve a man's health or help him live longer.

Call Your Doctor If You Have any Signs or Symptoms

- Difficulties with urination
- A need to urinate frequently, especially at night
- Difficulties having an erection
- Pain or burning while urinating
- Blood in the urine or semen

More information:

American Cancer Society:
[Prostate Cancer Information](#)

National Cancer Institute:
[Prostate Cancer- Patient Version](#)

Facts about Prostate Cancer

Estimated 2017 Prostate Cancer Diagnoses and Deaths in Michigan:

New Diagnoses:
5,350

Deaths:
830

From: [American Cancer Society Cancer Statistics Center Michigan at a Glance](#)