



ROUTINE MAINTENANCE IS GOOD HEALTH.

Everybody needs a tune-up now and then. Keeping yourself up to speed on recommended health screenings can help catch potential problems, like prostate cancer, before they become serious.

PROSTATE CANCER

A man's health isn't just about him. If he's a father, brother, husband, son, or friend, his health affects the lives of others, too. And there's a good chance that prostate cancer will have an impact on a man's life as he ages.

What is prostate cancer?

Prostate cancer is one of the most common cancers among men in the United States, second only to skin cancer. The prostate is a walnut-sized gland that surrounds a man's urethra. It produces one of the fluids that make up semen. When the prostate gland

becomes cancerous, it grows abnormally and can cause problems with urination. Prostate cancer usually develops so slowly that most men don't have any symptoms for a long time—which is why it's so important to get screened as your doctor recommends. Early detection can be a valuable part of treating prostate cancer successfully.

What are some of the symptoms?

Urination problems can be a sign of either an enlarged prostate or prostate cancer. Call your doctor if you have any of the following symptoms:

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PROSTATE CANCER

- Pain in your stomach, pelvis, lower back, or hip.
- Painful urination or a burning sensation when you urinate.
- Inability to urinate or trouble starting to urinate.
- A weakened urine stream or the feeling that you can't empty your bladder completely.
- A need to urinate more often or to get up in the middle of the night to urinate.
- Blood in your urine.

What screening tests are available?

The following two tests are often used together to improve accuracy. Talk to your doctor about these tests and ask when you should start getting screened for prostate cancer.

- **Digital rectal exam:** This exam may be part of your regular checkup. Your doctor will manually check your prostate for any abnormalities.
- **Prostate-specific antigen (PSA) test:** Your blood will be drawn to measure your PSA level. A higher reading may indicate an enlarged prostate, prostate cancer, or a prostate infection.

The PSA test and digital rectal exam can help detect prostate cancer early, but abnormal results don't always mean cancer is present. If your results are abnormal in either exam, your doctor may recommend a biopsy. In a biopsy, a sample of your prostate tissue is taken for laboratory testing.

What increases your risk for prostate cancer?

- **Age:** This is the biggest risk factor. Prostate cancer is common in men older than 65, and men older than 50 are at higher risk of developing it.

- **Diet:** Eating red meat and foods high in fat can increase your risk for prostate cancer.
- **Genetics:** Men of African descent are more likely to get prostate cancer.
- **Family history:** Your risk is greater if other men in your family have had prostate cancer, especially if your brother or father has had it.

How can you help prevent prostate cancer?

Improving your diet may help reduce your risk of developing prostate cancer. You don't have to overhaul your eating habits all at once. Making small, manageable changes can have a big effect.

Try some of these healthy tips:

- Cut down on red meat and get part of your protein from fish and soybeans.
- Increase the amount of fresh vegetables you eat, and try to include as many different kinds in your diet as possible.
- Eat tomatoes, whether fresh or in a sauce. The lycopene found in tomatoes may be especially good for the prostate.
- Snack on a handful of walnuts to add fiber and beneficial oils to your diet.

Learn more.

Visit kp.org/prostatecancer for more information about risk factors and prevention.

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