

Treatment

If detected early, there are many treatment options available. These options may include:

- **Surgery**- Removal of entire prostate
- **Radiation Therapy**- High-energy x-rays to damage cancer cells

Discuss treatment options and side effects with your physician

- **Radioactive Seeds**- Implanted into the prostate to kill cancer cells
- **Hormone therapy**- Injections to prevent prostate cancer cell growth



Prevention

The causes of prostate cancer are not fully known, but you can reduce your risk by -

Leading a Healthy Lifestyle:

- Eat a low fat diet with lots of fruits and vegetables
- Eat less red meat, especially high-fat or processed meats
- Exercise regularly each week



Getting Regular Medical Checkups:

- Early detection = better treatment outcomes
- Your physician may recommend a rectal exam or a PSA (prostate specific antigen) blood test



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Prostate Cancer

What Every Man
Should Know



CAPE MAY COUNTY DEPARTMENT of HEALTH

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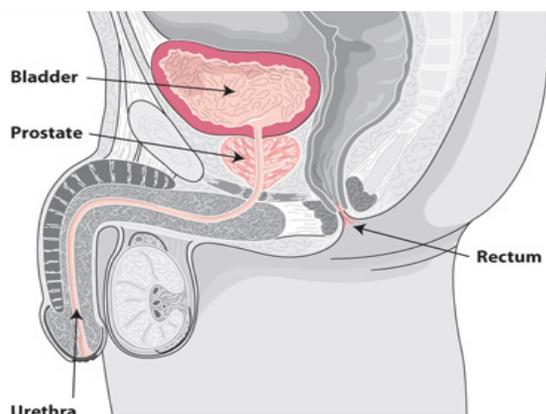
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What is Prostate Cancer?

- Prostate cancer affects the cells in the prostate, which is a walnut-sized gland, located below the bladder and just in front of the rectum.
- Over time, if not treated, the cancer may spread to other parts of the body.



How Common Is It?

- Prostate cancer is the second most common cancer in American men.
- In NJ, compared to other counties, Cape May County has the 2nd highest rate of prostate cancer.

Signs/Symptoms

There are often no symptoms in the early stages of prostate cancer. Sometimes early symptoms include:

- Need to urinate frequently
- Difficulty/inability starting urination
- Weak or interrupted flow of urine
- Painful/burning urination
- Painful ejaculation
- Pain or stiffness in the lower back hips or upper thighs

Regular medical exams and seeking medical advice at the first sign of symptoms can lead to early detection, better treatment outcome, and cure

Quick Facts:

1 in 6 men will be diagnosed during his lifetime.

About **29,720** men will die of prostate cancer this year.

The estimated survival rate is **93%** after early diagnosis.



Source: American Cancer Society, 2013

Who is at Risk?



All men can develop prostate cancer, however some men are at greater risk:

- Men 50 years and older
- African-American men 40 years and older
- Diet high in red meat and full-fat dairy products
- Physical inactivity
- Family history of prostate or maternal breast cancer
- Previous vasectomy

