



> Protect your prostate

# September is **Prostate Cancer** Awareness Month

## **Protect your prostate**

Prostate cancer is the most commonly diagnosed cancer in men, and second only to lung cancer in the number of cancer deaths.

## **Risk factors**

While there is no way to know for sure if you will get prostate cancer, most men who have the following factors may have a greater chance of getting prostate cancer:

- Age: men older than 50 years
- Family history: having a father, brother, or son who has had prostate cancer
- Race: Black

## **Look for these signs**

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are:

- Difficulty in starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty in emptying the bladder completely

- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips or pelvis that doesn't go away
- Painful ejaculation

## **Reduce prostate cancer risk**

A few simple changes can make a big difference in lowering prostate cancer risk:

- Eat lots of fruits and vegetables high in lycopene, such as pink grapefruit, cooked tomatoes, guavas and papayas.
- Reduce the fat in your diet.
- Exercise regularly.

## **BCN recommends**

If you have any symptoms that worry you, see your doctor right away. These symptoms may be caused by conditions other than prostate cancer. Discuss with your doctor the benefits and risks of prostate cancer screening.



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