

Men's Cancers Wiki Alert

"Wiki" is the Hawaiian language word for "fast." The intent of these "Wiki" Alerts is to provide brief informational resources about chronic disease issues that impact Asian Americans, Native Hawaiians, and Pacific Islanders (AAs and NHPs).

**Men's
Health
Week is
June
14-20,
2010**

Prostate Cancer

Basic Facts:

Prostate cancer forms in the tissues of the prostate (a gland in the male reproductive system found below the bladder and in front of the rectum). All men are at risk for prostate cancer, but the risk increases with age. **In fact, about 1 in 6 will be diagnosed with prostate cancer during his lifetime.** (American Cancer Society, 2009)

Early prostate cancer usually causes no symptoms and is most often found early through prostate-specific antigen (PSA) testing and/or digital rectal exam (DRE). The discussion about screening should take place at age 50 for men who are at average risk of prostate

cancer or earlier if there is a family history of prostate cancer. Men should be informed by their doctor about potential risks and benefits of these screenings before being checked for prostate cancer.

AA and NHPI Statistics:

- Prostate cancer is a top 5 cancer among the AA and NHPI communities. (Miller et al, 2008)
- Among the AAs and NHPIs, Samoans, Guamanians, Filipinos, Native Hawaiians and Japanese have the highest rates of prostate cancer. (Miller et al, 2008)

Lung Cancer

Basic Facts:

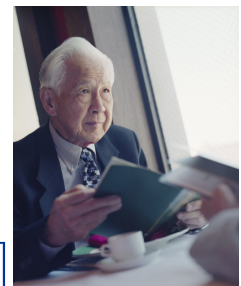
Lung cancer is the most preventable cancer, however it is the leading cause of cancer death for both men and women. (CDC, 2005) Tobacco use, secondhand smoke, asbestos, radon and other cancer-causing agents in the workplace increases the risk for lung cancer. In fact, smoking tobacco accounts for more than 9 out of 10 lung cancer cases. (American Cancer Society, 2009)

Symptoms of lung cancer includes a cough that does not go away or gets worse, chest pain, shortness of breath, coughing up blood and repeated problems with pneumonia and bronchitis. The chest x-ray (x-ray of the

organs and bones inside the chest) and sputum cytology (sample of mucus is checked for cancer cells) are tests that have been used to screen for lung cancer.

AA and NHPI Statistics:

- Lung cancer is the predominant cancer affecting AAs and NHPIs, and is the number one cause of cancer death for all AA and NHPI males. (Miller et al., 2008)
- Secondhand smoke remains a common health hazard among Asian Americans, with 38.3% reporting exposure at home and 40.3% at the worksite. (Ma et al., 2005)



Colorectal Cancer

Basic Facts:

Colorectal cancer is an abnormal growth of cells in the colon or rectum. It usually begins as a polyp, which is a small growth in the colon that can turn into cancerous tumors. Not all polyps will become cancer, but it is important to remove them since it is difficult to tell which are harmless and which are cancerous. Colorectal screening tests, such as fecal occult blood test, colonoscopy and sigmoidoscopy, can find polyps in the colon or rectum. **Colorectal cancer is preventable and treatable when detected early and with proper screening.**



AA and NHPI Statistics:

- Minorities are up to 60% more likely to have colorectal cancer diagnosed at an advanced stage and up to 30% are more likely to die from the disease than whites. (Chien, 2005)
- Colorectal cancer rates for U.S.-born Japanese men are two times higher than those of foreign-born Japanese men and about 60% higher than those of U.S.-born white men. (Flood et al, 2000)

Stomach Cancer

Basic Facts:

Stomach cancer (also known as gastric cancer) is a cancer that occurs in the stomach. It is uncommon in the U.S., but much more common in other areas of the world, particularly Japan.



AA and NHPI Statistics:

- Stomach cancer incidence and death rates are higher for many of the AAs and NHPIs compared to non-Hispanic whites. (Miller et al, 2008)
- Korean Americans have the highest incidence rate of stomach cancer among AAs and NHPIs in the U.S. (Miller et al, 2008)

While indigestion, stomach discomfort, bloody stool, vomiting, unexplained weight loss, jaundice and trouble swallowing are symptoms of stomach cancer, it is hard to diagnose stomach cancer at an early stage. Research has indicated that infection with *helicobacter pylori* increases the risk of stomach cancer. There is also a strong correlation between a diet high in smoked, salted and pickled foods and stomach cancer. When signs and symptoms suggest this disease may be present, an endoscopy is the main test used.

Liver Cancer

Basic Facts:

Liver cancer is a cancer that forms in the tissues of the liver, which is the largest organ behind the ribs on the right side of the body. The liver filters harmful substances from the blood, digests fats from food and stores the sugar that the body uses for energy.

Risk factors for primary liver cancer include having *hepatitis B or C*, cirrhosis (scarring of the liver), heavy alcohol use, or aflatoxin (substance made by a certain type of mold). Symptoms can include a lump or pain on the right side of the abdomen, a swollen abdomen, and yellowing of the skin. Liver cancers can sometimes be found using an ultrasound or with a blood test.



AA and NHPI Statistics:

- Both Asian and Pacific Islander men have three times the incidence of liver and intrahepatic bile duct cancer as the non-Hispanic white population. (Office of Minority Health, 2009)
- Vietnamese, Samoans, Koreans, and Chinese have the highest rates of liver cancer deaths compared to other AAs and NHPIs (Miller et al., 2008)