

PROSTATE CANCER

Prostate cancer occurs when cancerous cells develop in the penis, prostate, seminal vesicles, and testicles.

Other than skin cancer, prostate cancer is the most common cancer in American men.



Signs and Symptoms

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty 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



Risk Factors

All men are at risk for prostate cancer, but older men are more likely to get the disease.

- Having a family history of prostate cancer
- Having a family history of breast, ovarian, or pancreatic cancer
- Obesity



Prevention

There are no definitive measures to prevent prostate cancer, but there are some preventative measures that you can take to reduce your risk of prostate cancer.

- Eat a health diet rich in fruits and vegetables and cut down on fatty foods
- Maintain a healthy body weight and remain physically active
- Avoid smoking and drinking alcohol



Statistics

According to the Utah Department of Health, men who racially identified as Native Hawaiian or Pacific Islander had **significantly higher rates** of prostate cancer incidence.

Asian Indian/Pakistani, Filipino, Native Hawaiian, and Pacific Islander men had **significantly worse outcomes** compared to Non-Hispanic Whites (Chao et al., 2016).

Native Hawaiian and Pacific Islander men were at **greater risk** for prostate cancer specific mortality (Chao et al., 2016).

Prostate Cancer Screening:

There is no formal screening test for prostate cancer, however, there are prostate screening tests being used.

Men with an average risk of prostate cancer start being screened with a Digital Rectal Examination (DRE) and Prostate Specific Antigen (PSA) blood levels annually (every year) starting at age 50.

These tests can detect a problem in the prostate before there are any symptoms.

Prostate Specific Antigen (PSA) test is a blood test that measures the level of PSA in the blood, a substance made by the prostate. Higher PSA in the blood can be higher in men who have prostate cancer. **Digital Rectal Examination (DRE)** is when a health care provider inserts a gloved, lubricated finger into a man's rectum to feel the prostate for anything abnormal, such as cancer.

(From the Centers of Disease Control and Prevention)

Resources

- **American Urological Association Foundation:** auanet.org
- **American Cancer Society:** cancer.org/cancer-information-in-other-languages.html
- **National Cancer Institute:** cancer.gov
- **'Imi Hale Native Hawaiian Cancer Network:** imihale.org/education_materials.htm#CancerScreening
- **California State University, Fullerton:** wincart.fullerton.edu/cancer_edu/index.htm
- **Asian American Health Initiative:** aahiinfo.org/english/programs/progCancerInit.php#cprogram