**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
- "ʻImi Hale Native Hawaiian Cancer Network: imihi.org/education_materials.html#CancerScreening
- California State University, Fullerton: wincart.fullerton.edu/cancer_edu/index.htm
- Asian American Health Initiative: aahinfo.org/english/programs/progCancerInit.php#program