



The American Cancer Society Prostate Cancer Tool Kit

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How to Use This Prostate Cancer Awareness Tool Kit

Raising awareness of this common cancer sends a message that you care about the well-being of your employees and their families. This Prostate Cancer Awareness Tool Kit will provide you with ideas and resources for increasing your employees' awareness of the risk of prostate cancer while helping them to stay well and get well. This tool kit offers a variety of communication tools such as a fact sheet, short email blasts/ newsletter inserts and a quiz.

Prostate Cancer Basics

An estimated 192,280 new cases of prostate cancer will occur in the US during 2009. Prostate cancer is the most frequently diagnosed cancer in American men, other than skin cancer. The only well-established risk factors for prostate cancer are age, race/ethnicity, and family history of the disease.

Who is at Risk for Prostate Cancer?

- **Age:** The chance of getting prostate cancer goes up as a man gets older. About two out of every three prostate cancers are found in men over the age of 65.
- **Race:** For unknown reasons, prostate cancer is more common among African-American men than among men of other races. African-American men are also more likely to have a more advanced disease when it is found and are more likely to die of the disease.
- **Family history:** Men with close family members (father or brother) who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.
- **Diet:** The exact role of diet in prostate cancer is not clear, but several different factors have been studied. Men who eat a lot of red meat or high-fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors causes the risk to go up.



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American Cancer Society Recommended Screening Guidelines

The American Cancer Society believes that doctors should discuss the pros and cons of testing with men so each man can decide if prostate cancer testing is right for him. Here are a few guidelines:

- Men at average risk for prostate cancer who can be expected to live at least 10 years should have this discussion with their doctor beginning at age 50.
- African-American men and men with a family history of prostate cancer are at higher risk, and should have this talk at age 45.
- Men with several family members who had prostate cancer at a young age should have this discussion at age 40.

If, after this talk, a man decides to be tested, the tests should include a yearly PSA blood test and digital rectal examination.

Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about prostate cancer and how we can help you stay well by reducing your risk of this disease.



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Prostate Cancer: Just the Facts

General Facts about Prostate Cancer

- Prostate cancer develops from the cells of the prostate gland. The prostate is a male sex gland about the size of a walnut and is located below the bladder.
- Prostate cancer is slow growing in the majority of men who have it. Most men will die *with* prostate cancer rather than *from* prostate cancer. In other words, most will die from other ailments.

What are the symptoms of prostate cancer?

Prostate cancer can remain symptom-less for years and most cases of early prostate cancer cause no symptoms. Men should talk with their doctors if they have questions or are experiencing any symptoms that concern them, such as:

- Frequent urination or inability to urinate
- Trouble starting or holding back urination
- Weak or interrupted urine flow
- Frequent pain or stiffness in the lower back, hips, or upper thighs

These symptoms could also be caused by conditions other than prostate cancer.

Who should be screened for prostate cancer and how often should they be screened? How do you detect or test for prostate cancer?

Men age 50 and older should discuss the pros and cons of prostate cancer testing with their health care providers, and decide whether testing is right for them. Men at high risk, such as African-Americans or men who have a history of prostate cancer in close family members, should have this discussion at age 45. Men with several family members affected at a young age should have this discussion at age 40. If a man chooses to be tested, the tests should include a yearly PSA (prostate-specific antigen) blood test and (DRE) digital rectal examination.



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Short Promotional Messages

- Make sure the men in your life have the latest information on early detection of prostate cancer. Being informed can save lives. Call 1-800-227-2345 or visit cancer.org to learn how we can help you stay well.
- The risk of prostate cancer increases after age 50. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about prostate cancer and how we can help you stay well by reducing your risk of the disease.
- Having a father or brother with prostate cancer doubles a man's risk of developing the disease. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about prostate cancer and how we can help you and your family members stay well by reducing your risk of the disease.
- Learning all you can about your personal risk for prostate cancer and options for testing and treatment will help you make informed decisions about your prostate health. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about how we can help you stay well by reducing your risk of the disease.
- What can women do about prostate cancer? Make sure the men in your family know the facts about this disease and talk with their doctors about their own personal risk. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about how you and your loved ones can stay well by reducing their risk of the disease.
- Age is the main risk factor for prostate cancer. All men 50 and older should talk to their doctors about whether yearly prostate cancer testing is right for them. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org to learn more about we can help you stay well by reducing your risk of the disease.



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Prostate Cancer Quiz

Know Your Risks

1. Which of the following are risk factors for developing prostate cancer?
 - a. Age
 - b. Race
 - c. Diet
 - d. Family history
 - e. All of the above

Answer: All of the above are risk factors for developing prostate cancer.

- a. Age – Risk of prostate cancer increases after age 50. About two out of every three men diagnosed are 65 or older.
- b. Race – Prostate cancer occurs almost 60 percent more often in African-American men than it does in white men. The reasons for this are unknown.
- c. Diet – Men who eat a lot of animal fat have a greater chance of developing prostate cancer.
- d. Family history – Having a father or brother with prostate cancer doubles a man's risk of developing the disease.

Consider these facts and talk to your doctor about whether testing for prostate cancer is right for you.



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2. Find out how much you know about prostate cancer by filling in the correct word in each sentence below.

- a. 2/3
- b. No
- c. Higher
- d. Lower

(1) Eating a variety of healthful foods with an emphasis on plant sources and limiting intake of red meat can _____ a man's risk for prostate cancer.

(2) Prostate cancer incidence rates remain significantly _____ in African-American men than in white men.

(3) Early prostate cancer usually has _____ symptoms.

(4) About _____ of prostate cancer cases are diagnosed in men over age 65.

Answers:

- (1) d
- (2) c
- (3) b
- (4) a