

Choose Answers.

The region's most advanced prostate cancer diagnostic, technology and treatment options.

Five Things Every Man Should Know About Prostate Cancer

1. The prostate is a reproductive organ.

The prostate gland is a reproductive organ that contributes to seminal fluid, making semen more liquid to protect sperm.

The prostate is about the size of a golf ball in younger men. It can be found in front of the rectum and below the bladder. The prostate surrounds the urethra, the tube through which we urinate. After men reach roughly 40 years of age, the prostate grows. As it gets bigger, it can make it more difficult for men to urinate.

2. In 2013, about 241,000 new cases of prostate cancer will be diagnosed.

Prostate cancer is the second most common cancer among men, after skin cancer. It's estimated that one in six men will be diagnosed with prostate cancer in his lifetime. Prostate cancer generally occurs in men over the age of 50. The average age of men diagnosed with prostate cancer is 67.

3. Get screened for prostate cancer – with a PSA blood test.

UC Health urologists still encourage men to get screened for prostate cancer, despite recent recommendations from the US Preventative Screening Task Force. It's important to make an informed decision about when and how often you should be screened. Talk to your doctor about what makes sense for you. UC Health recommends men age 50 and older get a prostate-specific antigen (PSA) blood screening every one to two years. Men with high-risk factors, including a family history, African-American heritage or symptoms, should start getting screened at 40 years of age.

This month we're taking part in "Movember," as men around the world grow mustaches to raise awareness for men's health issues like prostate cancer. Our goal at UC Health is to offer men and their families greater clarity on when to get tested and their treatment options, empowering them with the information to make the right decisions.

#CincyStache



Growing Awareness
for Prostate Cancer

UC Health. The logo features the letters 'UC' in a stylized red font, followed by the word 'Health' in a black sans-serif font.

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4. Don't panic.

Prostate cancer, in most cases, is a slow growing cancer. Most men diagnosed with prostate cancer do not die from that may live with it for 20 or 30 years. In fact, many men diagnosed with prostate cancer will die from other causes. More than 2.5 million men are currently living with prostate cancer in the United States.

5. You have options.

If you do have prostate cancer, you have many treatment options. Today, men benefit from advances in treatment, ranging from active surveillance ("watching it") to cutting-edge robotic prostatectomies that can reduce the side effects from open surgery. Here's a quick overview of just a few of those treatment options:

- **Active Surveillance:** Your doctor will monitor you closely with blood tests to check your PSA level. No treatment is required during active surveillance. This option is best for those diagnosed with low-risk prostate cancer.
- **Robotic Prostatectomies:** A minimally-invasive surgical option when a man needs to have his prostate removed. Robotic prostatectomies offer quicker recovery time, better precision and less pain.
- **Radiation Therapy:** Men with prostate cancer have two options for radiation therapy: external beam radiation therapy or brachytherapy (often referred to as radiation "seeds"). External beam radiation therapy uses beams of radiation focused on the prostate from a machine outside the body. Brachytherapy uses small radioactive seeds (about the size of a grain of rice) that are placed directly into your prostate.
- **Hormone Deprivation Therapy:** In cases of advanced prostate cancer, you may undergo hormone deprivation therapy. Testosterone fuels the growth of the prostate and prostate cancer. Reducing levels of testosterone will help slow that rate of growth.

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