



---

SENIOR HEALTH

---

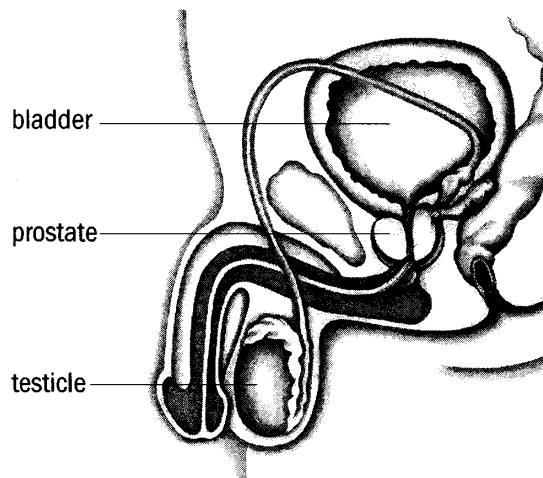
# Prostate Cancer

## REDUCE YOUR RISK

Prostate cancer is the most common cancer in men, other than skin cancer. The prostate gland is one of the male sex glands, located below the bladder and above the rectum. In the early stages, the cancer is limited to the gland itself and is not life-threatening. However, without treatment, this slow-growing cancer can cause death.

### **KNOW THE RISK FACTORS**

- heredity
- a high-fat diet
- being African-American
- having high levels of the male hormone testosterone
- prolonged exposure to certain chemicals
- tobacco use



### **HOW TO REDUCE YOUR RISK**

- Eat a well-balanced diet low in fat.
- Quit smoking.
- Avoid prolonged exposure to chemicals.
- See your doctor for a checkup annually.

### **SYMPTOMS OF PROSTATE CANCER**

***pain or burning during urination***

***weak or interrupted urine flow***

***inability to urinate***

***blood in the urine***

***painful ejaculation***

***pain in the pelvis, lower back or upper thighs***

***(Note: In some cases, this cancer has no symptoms.)***