

Prostate Cancer Education & Awareness Project 2009



The Alton 100 Black Men is pleased to announce that it will continue for a sixth year the Prostate Cancer Awareness and Education Project. The target group to reach for services continues to be African American males over 40 years of age. Continuing efforts will be directed toward educating women who are spouses or significant others and toward churches and other groups to which men belong. The 2009 project theme will continue as, **“Reaching Out to the At Risk.”** This newsletter contains the entirety of print information that will be shared.

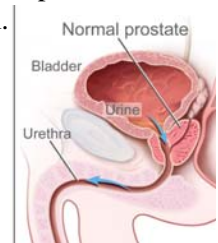
This project has been made possible through the continuing support of the Illinois Department of Public Health’s Communities of Color initiative and with assistance from Saint Anthony’s Health Center and cooperation of community partners.

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

What is Prostate Cancer?

Prostate cancer is a disease in which malignant cancer cells are found in the prostate, one of

the male sex glands located just below the bladder and in front of the rectum. The prostate gland is approximately the size of a walnut. It surrounds a part of the urethra, which carries urine from the bladder to the outside of the body. The prostate gland produces fluid which becomes part of the semen, a fluid that contains sperm.



Why is Prostate Cancer Education and Screening Important?

Prostate cancer is described as the most common cancer in American men. It is said that by age 50, up to one in four men have some cancerous cells in the prostate gland. By age 80, the ratio increases to one in two. As you age, your risk of prostate cancer increases. In the United States, the average age at diagnosis is 72.

Prostate cancer is also reported to be the second leading cause of cancer deaths in American men. Yet unlike other cancers, you're more likely to die with prostate cancer than you are from it. Data reveals that on average, an American man has about a 30 percent risk of having prostate cancer in his lifetime, but only about a 3 percent risk of dying of the disease.

It has been determined that African American men disproportionately experience later detection and higher mortality rates from prostate cancer. The 100 Black Men of America, Inc. has launched an aggressive campaign to encourage its 102 affiliate chapters to develop and implement projects on health and wellness among African Americans.



Why Is Early Detection Important?

This type of cancer is said to be the most common cancer in American men. The American Cancer Society estimates that about 230,000 men are diagnosed with prostate cancer in the United States annually and that about 29,000 men will die of the disease.

If prostate cancer is detected early - when it's still confined to the prostate gland – there is a better chance of successful treatment with minimal or short-term side effects. Successful treatment of cancer that has spread beyond the prostate gland is more difficult, but there are treatments that can help control the cancer.

When signs and symptoms do occur, they likely may include some of the following:

- Dull pain in your lower pelvic area or pain during urination
- Urgency of urination or difficulty starting urination
- Weak or intermittent urine flow and dribbling
- A sensation that your bladder isn't empty and/or frequent urination at night
- Blood in your urine
- Painful ejaculation
- General pain in your lower back, hips or upper thighs
- Loss of appetite and weight
- Persistent bone pain

When Should You Seek Medical Advice?



See your doctor if you have difficulties with urination. This condition doesn't always relate to prostate cancer, but it can be a symptom of prostate-related problems.

If you're a man older than 50, you may want to see your doctor to discuss beginning prostate cancer screening. It is reported that the American Cancer Society and the American Urological Association (AUA), recommend having an annual blood test to

check for prostate-specific antigen (PSA) beginning at age 50, or earlier if you're at high risk for cancer. If you're black or have a family history of the disease, you may want to begin at age 45. Doctors also recommend that men have a yearly digital rectal exam (DRE) beginning at age 40.

What Are the Stages of Prostate Cancer?

When prostate cancer is found or diagnosed, testing must be done to determine if cancer cells have spread from the prostate to other parts of the body. This process is referred to as staging, and your doctor will need to know the stage of the disease to

Stage I - The cancer is only in the prostate, and cannot be felt and causes no symptoms. Cancer cells may be in only one or several areas of the prostate. The cancer at this stage is usually found accidentally during surgery for other reasons.

Stage II - A blood test for prostate specific-antigen (PSA) in conjunction with a digital rectal exam (DRE) reveals an elevated level. A tumor may be found by a resulting needle biopsy.

Stage III - Cancer cells are found outside the prostate gland in surrounding tissues such as seminal vesicles.

Stage IV - Cancer has spread or metastasized to other organs or lymph nodes near or far away from the prostate such as lungs, bones, or the liver.

What are Treatments for Prostate Cancer?

There are primarily five kinds of treatments commonly used for prostate cancer patients including:

1. **Surgery** to take out the cancer
2. **Radiation Therapy**, using high-energy rays to kill cancer cells
3. **Hormone Therapy**, using hormones to stop the growth of cancer cells
4. **Chemotherapy**, using drugs to kill the cancer cells
5. **Biological Therapy**, using the body's immune system to fight the cancer.

Prostate Cancer Prevention and Management

Literature reviewed indicates that prostate cancer can't be prevented, but you can take measures to reduce your risk or possibly slow the disease's progression. It is suggested that the most important steps you can take to maintain prostate health - and health in general - are to eat well, keep physically active and see your doctor regularly.

Eating well

Sources reviewed state that high-fat diets have been linked to prostate cancer. Therefore, limiting your intake of high-fat foods and emphasizing fruits, vegetables and whole fibers may help you reduce your risk. It is suggested that foods rich in lycopenes, an antioxidant, also may help lower your prostate cancer risk. These foods include raw or cooked tomatoes, tomato products, grapefruit and watermelon. Garlic and cruciferous vegetables such as arugula, bok choy, broccoli, brussels sprouts, cabbage and cauliflower also may help fight cancer.



Soy products containing isoflavones may keep testosterone in check. Because prostate cancer feeds off testosterone, isoflavones may reduce the risk and progression of the disease

Vitamin E has shown linkages to reducing the risk of prostate cancer among smokers. More research is needed, however, to fully determine the extent of these benefits of vitamin E.

Exercise and Good Health

It has been documented that regular exercise can help prevent a heart attack and conditions such as high blood pressure and high cholesterol. When it comes to cancer, the data aren't as clear-cut, but sources state that studies do indicate that regular exercise may reduce your cancer risk, including prostate cancer.

A good exercise program has been shown to strengthen your immune system, improve circulation and speed digestion - all of which may play a role in cancer prevention. Exercise also helps to prevent obesity, another potential risk factor for some cancers.

Literature reviewed suggested that regular exercise may also minimize your symptoms and reduce your risk of prostate gland enlargement, or benign prostatic hyperplasia (BPH). Men who are physically active usually have less severe symptoms than men who get little exercise.

One study was cited which suggested that regular use of aspirin, ibuprofen (Advil, Motrin, others) and other nonsteroidal anti-inflammatory drugs may help.



Emotional Impact

It was stated in the literature that once you receive a diagnosis of prostate cancer or treatment for this disease, you may experience a range of feelings - including disbelief, fear, anger, anxiety, emptiness and depression. You may not be able to get rid of these distressing feelings. But you can find positive ways to deal with them so they don't dominate your life.

Prostate Cancer Information Sources

(*information included in the article in this publication is summarized from the following sources during July, 2004)



Walgreens web site

IL Dept. of Human Services web site

The St. Louis American Newspaper web site,

USTOO Prostate Cancer Ed. and Support web site,

American Cancer Society web site

100 Black Men, Saint Anthony's Health Center
Morning Star Baptist Church & Alton Housing
Authority Prostate Cancer

Free Screening Dates

Sat., April. 4, 2009-10am -12pm-AHA, Alton Acres Cntr.

Tues., April 7, 2009- 3-6pm-SAHC-Radiat. Oncology

Sat., April 18, 2009 – 10am-12noon-Morning Star Church

Weds., May 6, 2009 -11am-1pm – To Be Determined

Tues., May 19, 2009 – 3-6pm – SAHC-Radiat. Oncology

**Call ahead to schedule appointments
At 465-2264**

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