

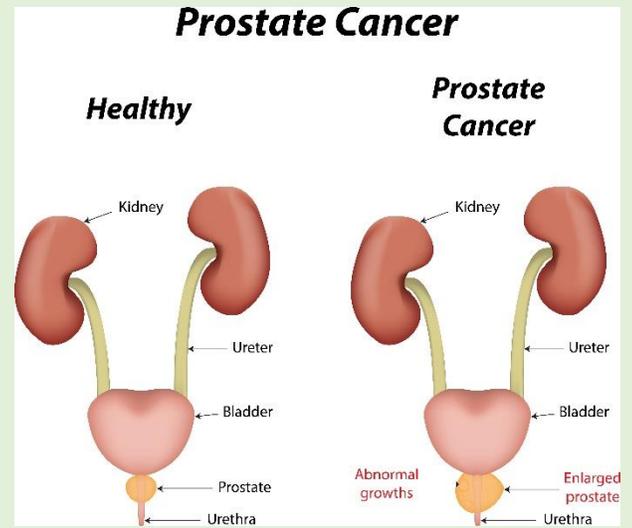
Prostate Cancer Awareness Month

September 2018

What is prostate cancer?

Prostate cancer occurs when abnormal cells develop in the prostate. These abnormal cells can continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body.

Prostate cancer is generally a slow growing disease and the majority of men with low grade prostate cancer live for many years without symptoms and without it spreading and becoming life-threatening. However, high grade disease spreads quickly and can be lethal. Appropriate management is key.



What is the prostate?

Only men have a prostate. It is a small gland that sits below the bladder near the rectum. It surrounds the urethra, the passage in the penis through which urine and semen pass.

The prostate gland is part of the male reproductive system. It produces most of the fluid that makes up semen that enriches sperm. The prostate needs the male hormone testosterone to grow and develop.

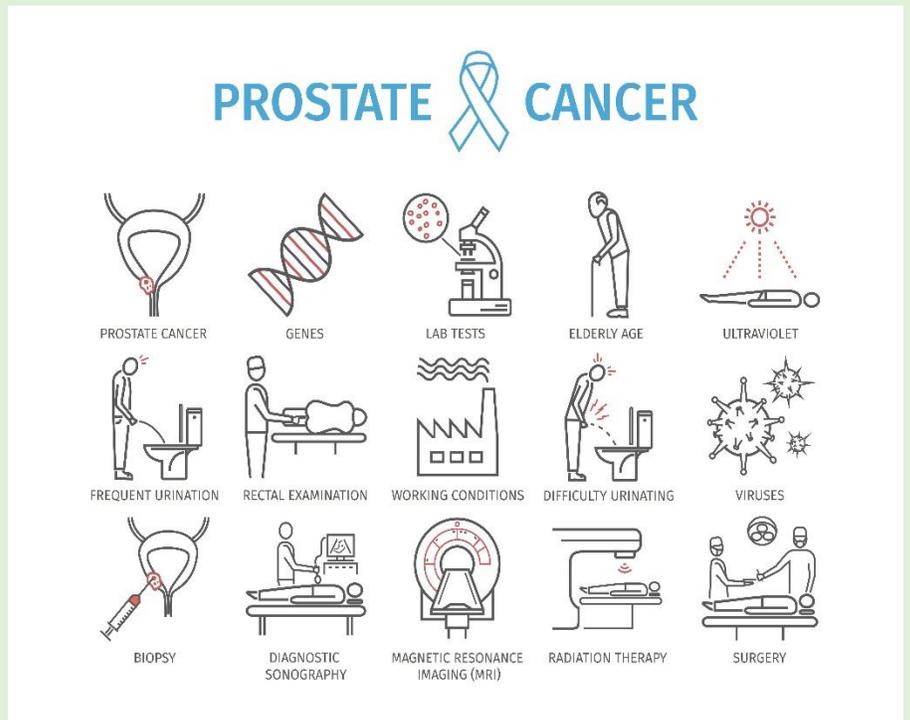


The prostate is often described as being the size of a walnut and it is normal for it to grow as men age. Sometimes this can cause problems, such as difficulty urinating. These problems are common in older men and not always symptoms or signs of cancer.

What are the Symptoms?

In the early stages, there may be no symptoms. In the later stages, some symptoms of prostate cancer might include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (eg trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in the lower back, upper thighs or hips.



These symptoms may not mean you have prostate cancer, but if you experience any of them, go and see your doctor.

What are the Risk factors?

Factors that are most strongly linked to an increased chance of developing prostate cancer:

- Age: Prostate cancer is an age-dependent disease, which means the chance of developing it increases with age. The risk of getting prostate cancer by the age of 75 is 1 in 7 men. By the age of 85, this increases to 1 in 5.



–Family history: If you have a first degree male relative with prostate cancer, you have a higher chance of developing it than men with no such history.

The risk increases again if more than one male relative has prostate cancer.

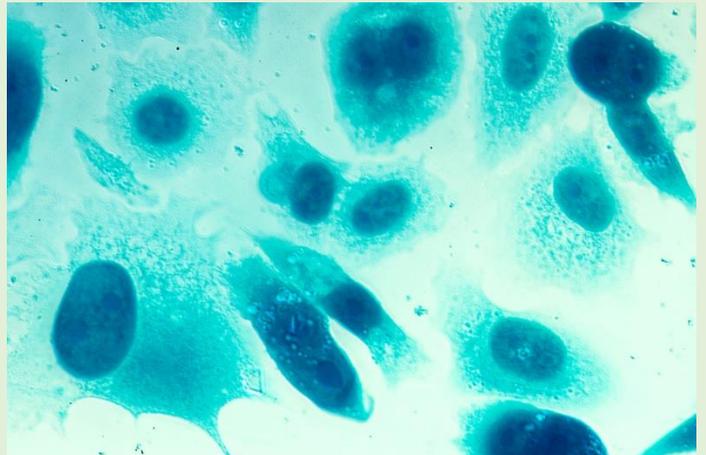
Risks are also higher for men whose male relatives were diagnosed when young.



–Genetics: Genes are found in every cell of the body. They control the way the cells in the body grow and behave.

Every person has a set of many thousands of genes inherited from both parents. Changes to genes can increase the risk of prostate cancer being passed from parent to child.

Although prostate cancer can't be inherited, a man can inherit genes that can increase the risk.



–Diet: There is some evidence to suggest that eating a lot of processed meat or food that is high in fat can increase the risk of developing prostate cancer.

–Lifestyle: There is evidence to show that environment and lifestyle can affect the risk of developing prostate cancer.



Reduce the risk of developing prostate cancer

There is no evidence that the following protective factors can stop prostate cancer from developing, but they can improve your overall health and possibly reduce the risk of prostate cancer:

–Diet: Eat meals that are nutritious. Refer to the Australian Guide to Healthy Eating. What is good for the heart is good for the prostate.

Enjoy a wide variety of foods from the five food groups everyday. Healthy eating is easy! For more information visit: www.eatforhealth.gov.au



–Physical activity/exercise: There is some evidence to show that physical activity and regular exercise can be protective factors for cancer. Try to exercise at least 30 minutes of a day.



THREE FACTS ABOUT PROSTATE CANCER

In Australia, prostate cancer is the most commonly diagnosed cancer in men

More than 3,000 men die of prostate cancer in Australia every year

More men die of prostate cancer than women die of breast cancer

Resource: <http://www.prostate.org.au/awareness/general-information/what-you-need-to-know-about-prostate-cancer/>

Further Information:

www.canceraustralia.gov.au

www.cancer.org.au

www.andrologyaustralia.org

www.healthyactive.gov.au



Prostate Cancer Awareness Month

September is Prostate Cancer Awareness Month and Prostate Cancer Foundation of Australia is asking Australia to get involved and help create awareness and raise the much-needed funds to help in the fight against prostate cancer.

We encourage all men over 50 – or over 40 if you have a family history – to talk with your GP about your prostate health. Prostate cancer testing can be a complex subject, that's why we recommend that you talk with your GP about what is best for you.

For more information, please contact:

Prostate Cancer Foundation of Australia: <http://www.prostate.org.au/contact-us/>

