

MEN'S HEALTH

PROSTATE CANCER

Screening test are important and can detect diseases early. Prostate Cancer is the most common cancer in men. One in every 6 men will get prostate Cancer sometime in his life. African American men are at a special risk for this disease. Every man age 45 or over should be tested annually.

WHAT IS PROSTATE CANCER? —

Normally cells grow and divide in an orderly way. Sometimes this normal process can go wrong. If abnormal cells continue to divide they can form cancerous tumors. Prostate Cancer tends to occur in the cells lining the prostate. Its growth is usually slow and supported by male hormones. The prostate gland is part of the male reproductive system; it produces fluid for semen.

The prostate is about the same size and shape as a walnut, and sits in front of the rectum and below the bladder, when it surrounds the urethra that carries urine out from the bladder. Prostate Cancer cells can spread to other parts of the body. There are no noticeable symptoms

of prostate cancer while it is still in the early stages, which is why testing is so critical. In more advanced stages symptoms may include frequent urination, blood in the urine or bone pain.

EARLY DETECTION — There are two tests to aid in the early detection of Prostate Cancer.

BLOOD TEST – PSA — This blood test measures the level of protein called Prostate Specific Antigen (PSA). PSA is found in the blood at very low levels. Elevated PSA readings can be a sign of Prostate Cancer; however, PSA levels can be elevated for reasons other than cancer

PHYSICAL EXAM (DRE) — The Digital Rectal Exam is a simple safe and slightly uncomfortable physical exam performed by your physician. Men you are to continue your physical exams yearly.

"So God created man in his own image, in the image of God created He Him; male and female created He them" Genesis 1:27 Amen!