

# Prostate Cancer & Native American Men

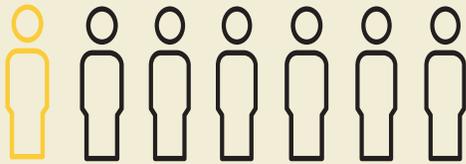
Prostate cancer is the **MOST** commonly diagnosed cancer & is the **3rd** leading cause of cancer death among American Indian men in Oklahoma.

American Indian males have the most new cases and the 2nd highest death rates for prostate cancer compared to all other races.

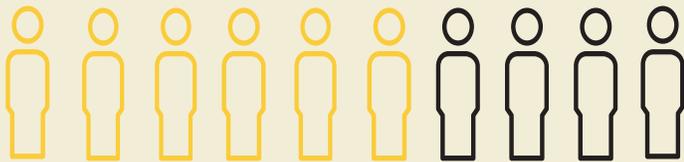
Source of Data: Centers for Disease Control and Prevention- United States Cancer Statistics: 2009-2013

**1 in 7**

men will be diagnosed with prostate cancer during their lifetime.



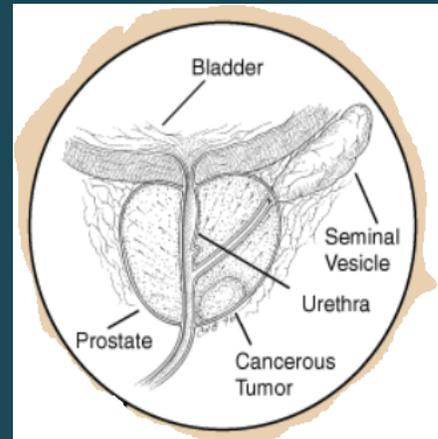
About **6 in 10** cases are diagnosed in men 65 years of age or older.



<https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>

## What is Prostate Cancer?

The prostate is a part of the male reproductive system. It produces a fluid that makes up a part of the sperm. When cancer starts in the prostate it is called prostate cancer.



[https://www.cdc.gov/cancer/prostate/basic\\_info/what-is-prostate-cancer.htm](https://www.cdc.gov/cancer/prostate/basic_info/what-is-prostate-cancer.htm)

**MOST** men diagnosed with prostate cancer do not die from it.

About **1 in 39** will die of prostate cancer.

**CATCHING CANCER EARLY  
ALLOWS FOR BETTER  
TREATMENT OPTIONS.  
TALK TO YOUR DOCTOR  
ABOUT WHAT IS BEST FOR  
YOU.**

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## Warning Signs of Prostate Cancer:

Different people have different symptoms (warning signs) for prostate cancer. Some men may not have any symptoms at all.

In the early stages of prostate cancer, there may not be any symptoms. In later stages of prostate cancer, symptoms may include...

- Urinating often, especially at night
- Finding it hard to urinate
- A slow or weak flow of urine or having to stop and start again
- Blood in the urine or semen
- Pain or burning when urinating
- Finding it hard to empty the bladder completely
- Painful ejaculation
- Pain in the back, hips, or pelvis that does not go away

[https://www.cdc.gov/cancer/prostate/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/prostate/basic_info/symptoms.htm)

## Risk Factors for Prostate Cancer:

Researchers are trying to determine the causes of prostate cancer and whether it can be prevented. Three risk factors have been identified and include...

- **AGE:** The older a man is, the greater his risk for getting prostate cancer.
- **FAMILY HISTORY:** Certain genes (passed from parent to child) that you inherited from your parents may affect your risk for prostate cancer. Currently, no single gene is sure to raise or lower your risk of getting prostate cancer. However, a man with a father, brother, or son who has had prostate cancer is two or three times more likely to develop the disease himself.
- **RACE:** Prostate cancer tends to be more common in specific racial and ethnic groups. It tends to start at younger ages and grows faster in some racial/ethnic groups than in others, but medical experts do not know why.

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## Screening for Prostate Cancer:

Screening checks for a disease when there are no symptoms. There are two screening tests:

- **Digital Rectal Exam (DRE):** A doctor or nurse checks the size of the prostate and feels for lumps with the finger.
- **Prostate specific antigen (PSA) test:** The prostate makes PSA. The PSA test measures the level of PSA in the blood. PSA levels may be higher in men who have prostate cancer. Age and race may also cause PSA levels to be high. Because many factors can affect PSA levels, your doctor is the best person to interpret your PSA test results. Only a biopsy can diagnose prostate cancer for sure.

[https://www.cdc.gov/cancer/prostate/basic\\_info/symptoms.htm](https://www.cdc.gov/cancer/prostate/basic_info/symptoms.htm)

## Should You Get Screened?

Some government health organizations do not recommend PSA-based screening for men who do not have symptoms for prostate cancer. Men should understand the risks and benefits of a prostate cancer screening and make choices they feel comfortable with after talking to their doctor.

The American Cancer Society recommends the following:

- **Starting at age 50 years,** men who have average risk for prostate cancer should talk to their doctor about screening.
- **Age 45 for men at high risk** of developing prostate cancer. This includes races at higher risk and men who have a first-degree relative (father, brother, son) diagnosed at an early age (younger than 65 years).
- **Age 40 for men at even higher risk** those with more than one first-degree relative who have prostate cancer at an early age.

**Men should talk with their health care provider about being screened for prostate cancer.**

<https://www.cancer.org/cancer/prostate-cancer/early-detection/acs-recommendations.html>