

# PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN  
HEALTH DIVISION

Department of Health & Human Services

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## Prostate Cancer

### What is Prostate Cancer?

The prostate is a walnut sized gland located under the bladder at the base of the penis that surrounds the urethra. Prostate cancer is the overgrowth of prostate cells that form a tumor.

### What are the Symptoms of Prostate Cancer?

- Frequent urination
- Trouble starting or holding back urine
- Weak or interrupted urine flow
- Pain or burning during urination
- Inability to urinate
- Blood in urine or semen
- Pain on ejaculation
- Frequent pain or stiffness in the lower back, hips, or upper thighs

### What are the Risk Factors for Prostate Cancer?

- Age
- African-American ethnicity
- Family history
- Possible risk with diet that is low in fiber and high in fat

### How is Prostate Cancer Detected?

- Prostate-specific antigen (PSA): a blood test, (PSA of 4.0 or lower is considered normal)
- Digital Rectal Exam (DRE): with lubricated gloved finger inserted into the rectum, the health care provider feels for any irregular or abnormally firm areas

## **How can the Risk of Prostate Cancer be Reduced?**

- Eating less red meat and fatty foods
- Eating more vegetables, especially tomato based foods
- Eating a diet rich in Vitamin E

## **How can Prostate Cancer be Treated?**

- Radical prostatectomy - removal of the prostate
- Chemotherapy - use of anticancer drugs to kill cancer cells
- Radiation therapy - use of high energy x-rays to kill cancer cells
- Watchful waiting - no immediate treatment, due to slow progress of the disease

The best treatment needs to be determined by you and your health care provider.

**For more information on Prostate Cancer, call (248) 858-1406 or toll free 1 (800) 848-5533.**

For additional copies, visit our website at [www.oakgov.com/health](http://www.oakgov.com/health) or contact:

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