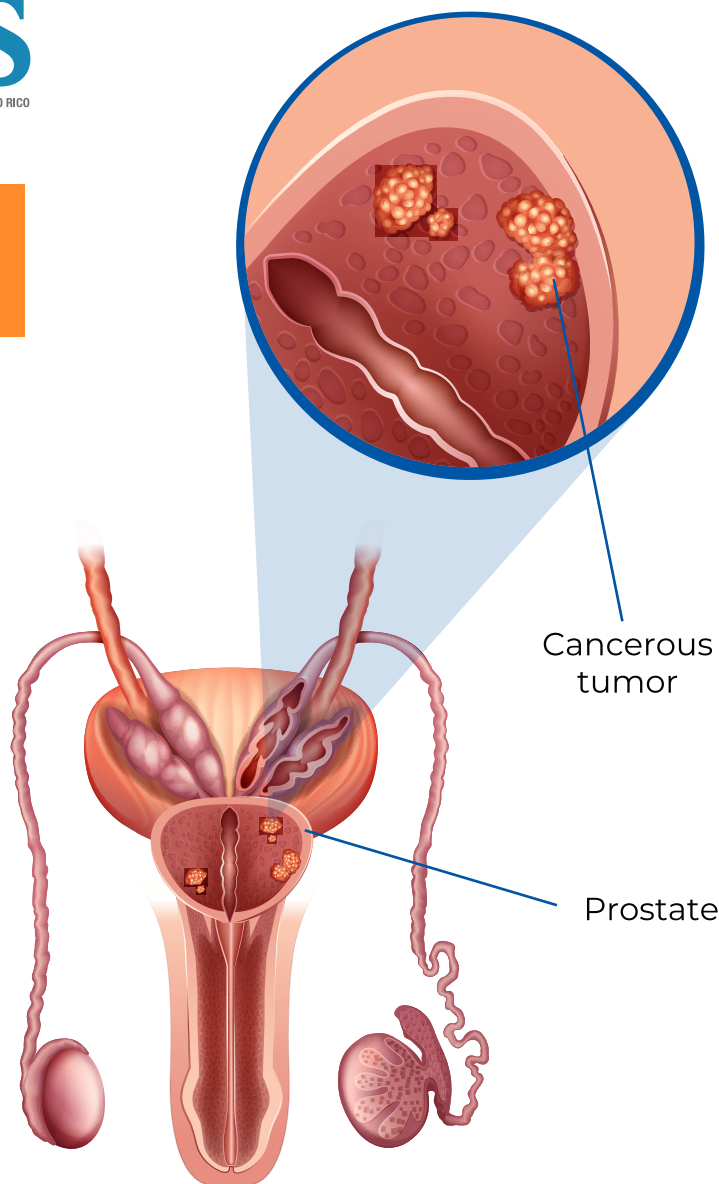


# PROSTATE CANCER

The prostate is a part of the male reproductive system, which is located under the bladder and in front of the rectum. Its function is to produce the liquid that is part of the semen.

**All men have a risk of developing prostate cancer and risk increases with age. The main risk factors are:**

- Being over 65 years
- Family history of prostate cancer, breast, ovary and pancreas.
- Being African-American



## DIAGNOSIS

There is no standard test to detect prostate cancer. Talk to your doctor regarding the benefits and risks of these tests.

PSA	Digital Rectal Exam (DRE)	If the results are abnormal, you may need other exams:
Blood test that measures the levels of prostate specific antigen, which can be elevated in men with prostate cancer	It is used to identify a lump or something unusual in the size of the prostate	<p>Ultrasound</p> <p>Magnetic Resonance Imaging (MRI)</p> <p>Biopsy</p>

## SIGNS AND SYMPTOMS

They are different in each person and some men do not have symptoms at all. Talk to your doctor if you have any of the following:

- ✓ Difficulty starting urination
- ✓ Weak or interrupted flow of urine
- ✓ Frequent urination, especially at night
- ✓ Difficulty emptying the bladder completely
- ✓ Pain or burning during urination
- ✓ Blood in the urine or semen
- ✓ Pain in the back, hips, or pelvis that doesn't go away
- ✓ Painful ejaculation

## TREATMENT

The treatment will depend on the cancer stage, how fast it is growing and how different it is the surrounding tissue to the prostate. The treatment options may vary from one person to another and may include one or combination of the following: careful observation and medical surveillance without treatment, surgery, radiotherapy, hormonal therapy, and chemotherapy.

## TALK TO YOUR DOCTOR

If you are concerned that you may be at increased risk for prostate cancer, talk to your doctor so that together you can decide whether getting screened for prostate cancer is right for you or not.

For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
This call is free of cost.

[www.MenonitaVital.com](http://www.MenonitaVital.com)



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Reference:  
<https://medlineplus.gov/prostatecancer.html>  
[https://www.cdc.gov/cancer/prostate/basic\\_info/index.htm](https://www.cdc.gov/cancer/prostate/basic_info/index.htm)