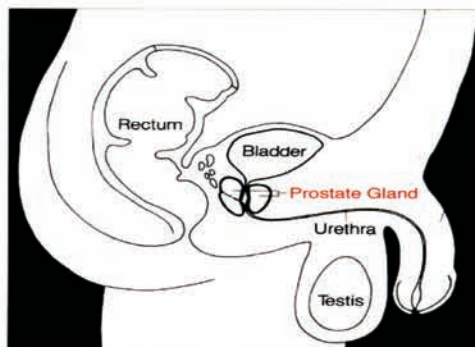


## WHAT IS PROSTATE CANCER?

The prostate is a part of a man's sex glands. It is located inside the body, below the bladder and just in front of the rectum. It is a walnut-size gland that makes the fluid that carries sperm.

Prostate cancer is a disease that affects the cells in the prostate gland. If cells divide in an abnormal way, they can make a tumor. Cancerous prostate tumors can block the flow of urine and, left untreated, can spread to other parts of the body.



**Prostate Cancer is the most common cancer in men.** Every year in the US over 232,000 men are diagnosed with the disease, and about 30,050 will die. When found early, prostate cancer is usually treatable.

**Most new cases of prostate cancer are localized.** In other words, the tumor has not spread out of the prostate gland. This is good news; finding it early allows treatment choices that increase chances of survival.

If prostate cancer is found, a number of treatment choices may be recommended. Talk to your health care provider and visit [www.ustoo.org](http://www.ustoo.org) to find out more about the risks and benefits of each treatment.

## Useful Websites

**Us Too International**  
[www.ustoo.org](http://www.ustoo.org)

**Native American Cancer Research**  
[www.natamcancer.org](http://www.natamcancer.org)

**National Indian Health Board**  
[www.nihb.org/index.php](http://www.nihb.org/index.php)



International Headquarters:

5003 Fairview Avenue  
Downers Grove, IL 60515  
630-795-1002

Toll Free 1-800-808-7866

[www.ustoo.org](http://www.ustoo.org)

*This brochure was supported by Cooperative Agreement Number U58/CCU523072 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.*



**A message for...**



**American Indian Men,  
Alaskan Native Men,  
and  
People Who Care  
About Them**



## WHO IS AT RISK?

Men **over 45** years old.

One in every six men in the US will develop prostate cancer during his lifetime. Native American men are less likely to have prostate cancer than men from other groups, except for **men from the Northern Plains**, who have a much higher chance of developing this disease.

A man whose **father or brother has prostate cancer** has a greater chance of having prostate cancer.

Early prostate cancer often has no warning signs, but **tell your health care provider if you have:**

- ❖ Trouble urinating
- ❖ Urinate often, especially at night
- ❖ Weak or interrupted urine stream
- ❖ Pain or burning when urinating
- ❖ Painful ejaculation
- ❖ Nagging pain in the back, hips, or pelvis.

These symptoms do not mean you have prostate cancer. Other things cause these symptoms too. They do mean you need to talk with your health care provider.

## WHAT IS SCREENING?

Screening means looking for signs of disease in people who have no symptoms. So screening for prostate cancer is looking for early stage disease when treatment is most likely to be successful. There are two screening procedures that can help to find prostate cancer early:

**PSA** - This is a simple blood test that measures a protein called **Prostate Specific Antigen (PSA)**. PSA is made by the prostate gland. High PSA levels can be a sign of prostate cancer.

**DRE**- The **Digital Rectal Exam (DRE)** is a physical exam by your health care provider. The provider feels the prostate with a gloved finger through the wall of the rectum. He feels for unusual lumps, uneven surfaces. This test is simple, safe, and only takes about 10 seconds to complete, with very little discomfort.

The DRE and PSA cannot tell you if you have prostate cancer; they can only suggest the need for further testing.

## WHAT CAN I DO?

Men over 45, and younger men with risk factors, should talk to their healthcare providers to find out if screening is right for them.

## TALKING TO YOUR HEALTH CARE PROVIDER

Many men don't want to talk about their prostate or prostate problems, not even to other Native men. It is not an easy topic for most men, but remember, your healthcare providers cannot help you unless you tell them you have a concern.

Doctors and other healthcare professionals are taught to help manage prostate health. They can help answer your questions, address your concerns, and recommend proper treatment if you do have a prostate problem.

These providers as your partners in health care. Talking openly with them helps you learn more about your prostate and prostate health.

For information and tips on how to talk with your healthcare providers visit the Native American Cancer Research website: [www.natamcancer.org](http://www.natamcancer.org)

