



September is National Prostate Cancer Awareness Month

Introduction:

Prostate cancer is the most frequently diagnosed cancer in men and is a leading cause of cancer death in men, second only to lung cancer. Staying informed with the latest news on prevention and screening is an important step in reducing your risk of developing prostate cancer. And, should a diagnosis occur, access to current, in-depth treatment information can help you find the best care.

National Prostate Health Month (NPHM) is observed every September by health experts, health advocates, and individuals concerned with men's prostate health. As the month of September brings prostate cancer into focus, it's time to increase public understanding of the disease, including its prevalence, approaches to screening and prevention, treatment options, and resources that offer updated prostate cancer information throughout the year.

Designating a month for the issue serves the purpose of:

- ✚ Increasing public awareness of the importance of prostate health.
- ✚ Providing easily accessible prostate health screenings.
- ✚ Educating about risk factors and symptoms of prostate related diseases and
- ✚ Advocating for further research on prostate health issues.

Origin & Related observances:

September was first designated National Prostate Health Month by the American Foundation for Urological Disease (AFUD) in 1999.

- ✚ 9/10 – 9/16: Prostatitis Week.
- ✚ 9/17 – 9/24: Prostate Cancer Week.
- ✚ 9/24 – 9/30: Benign Prostatic Hypertrophy (BPH) Week.
- ✚ 4/1 – 4/7: Testicular Cancer Awareness Week.

Ways to prevent prostate cancer:

- ✚ Choose a low-fat diet.
- ✚ Eat more fat from plants than from animals.
- ✚ Increase the amount of fruits and vegetables you eat each day.
- ✚ Reduce the amount of dairy products you eat each day.
- ✚ Try adding soy to your diet.
- ✚ Maintain a healthy weight.
- ✚ Exercise most days of the week.

Warning signs:

Prostate cancer may not cause signs or symptoms in its early stages. In more advanced it may cause signs and symptoms such as:

-  Trouble urinating.
-  Decreased force in the stream of urine.
-  Blood in the urine.
-  Blood in the semen.
-  General pain in the lower back, hips or thighs.
-  Discomfort in the pelvic area.
-  Bone pain.
-  Erectile dysfunction.
-  Consult your doctor if you have any of these warning symptoms.

Should I be screened?

The PSA test remains an important tool in the diagnostic process. Men over 40 should discuss PSA screening with their physicians to determine if and when PSA screening is right for them.

When to Start—and Stop—Screening?

-  When to start screening is generally based on individual risk starting at age 40-45 is reasonable.
-  When to stop screening is also controversial. Some groups propose 75 as a reasonable cut-off age.

Treatment options:

There is no “one size fits all” treatment for prostate cancer. You should learn as much as possible about the many treatment options available and, in conjunction with your physicians, make a decision about what’s best for you.

-  Prostatectomy (Surgery).
-  Radiation Therapy.
-  Hormone Therapy.
-  Chemotherapy.

Events:

-  Oncology funds, health systems, medical centers and NGOs sponsor events during National Prostate Health Month.
-  Free screenings for prostate-related diseases are offered at hospitals, health centers, and the workplace.
-  Physicians are sent information on how NPHW can be used as a way to remind their patients about prostate health.

Reference Links:

-  http://en.wikipedia.org/wiki/National_Prostate_Health_Month
-  <http://news.cancerconnect.com/september-is-national-prostate-cancer-awareness-month-2/>
-  www.mayoclinic.org/.../prostate-cancer/.../prostate-cancer-prevention/art...
-  http://www.pcf.org/site/c.lJRIROrEpH/b.5802089/k.B8D8/Treatment_Options.htm

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.