



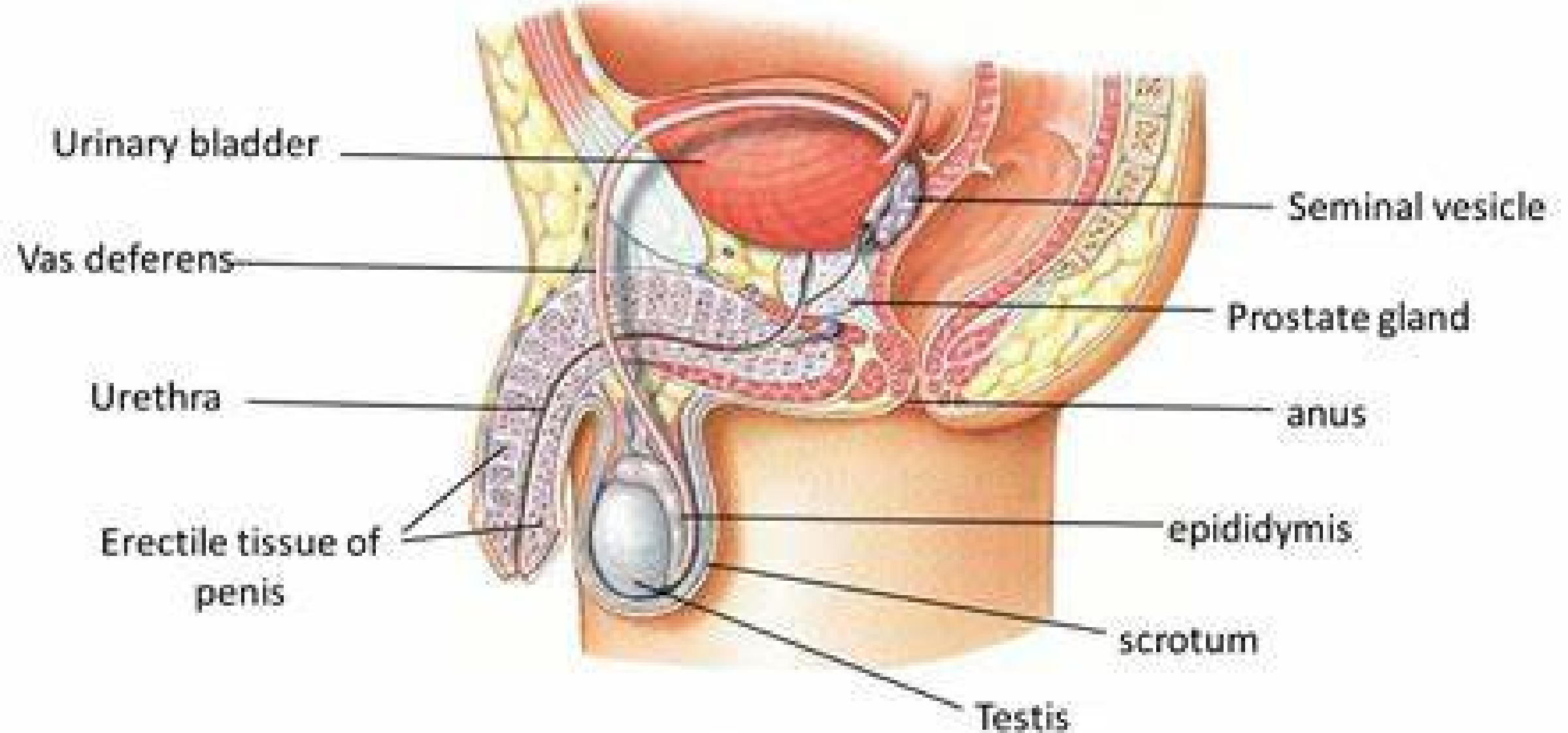
PROSTATE HEALTH

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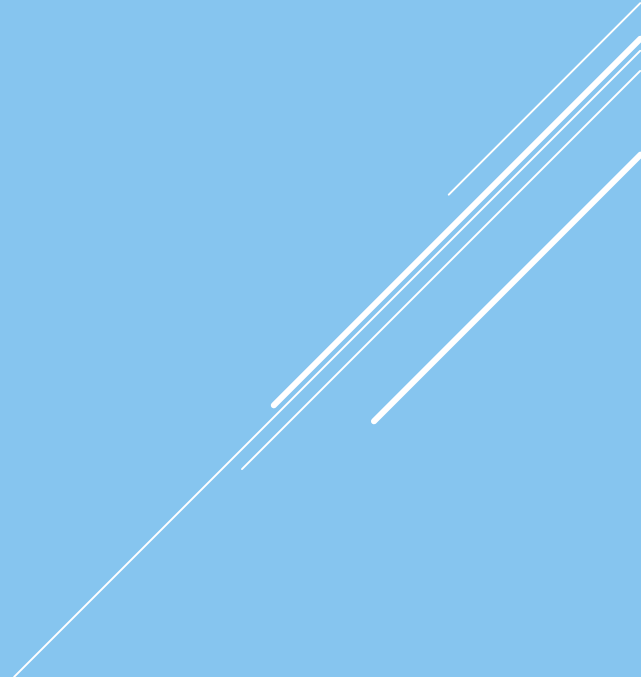
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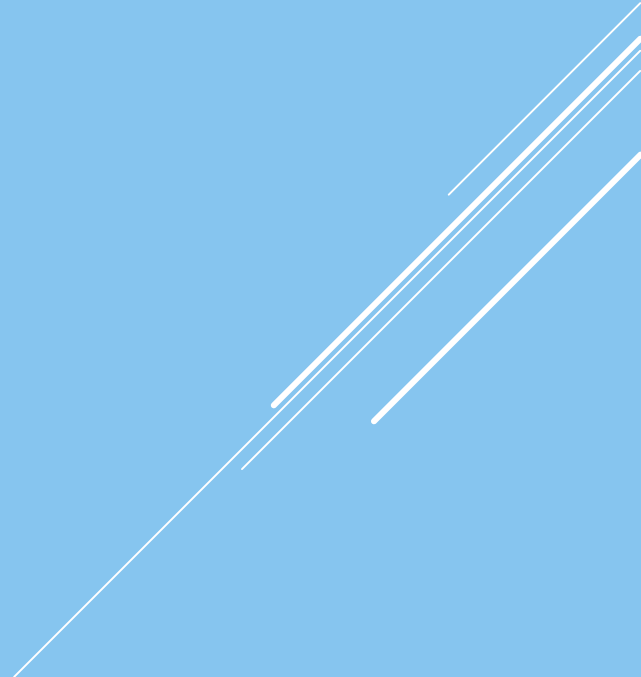
Male Reproductive System



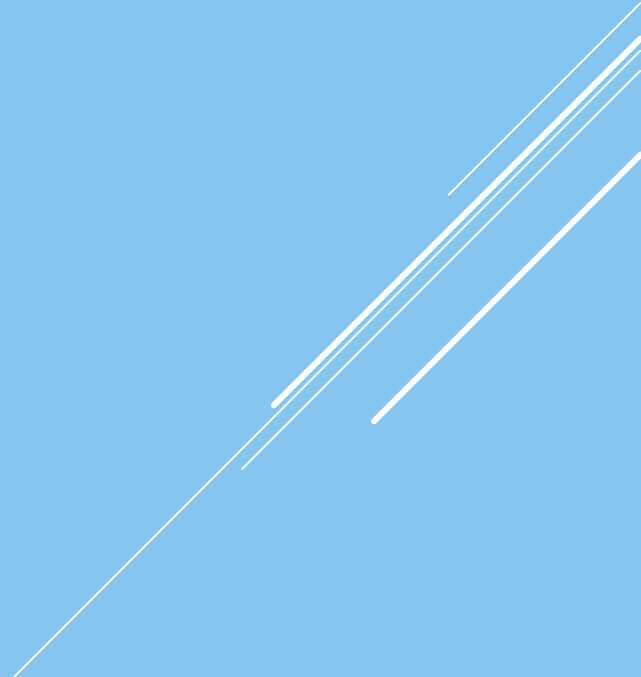
Health Promotion Disease Prevention:

- ▶ Get screened at age 40
 - ▶ Maintain a healthy weight
 - ▶ Eat more fish
 - ▶ Limit your calcium intake
 - ▶ Limit fat intake from red meat and dairy products
 - ▶ Eat more cruciferous vegetables
 - ▶ Avoid smoking
 - ▶ Drink alcohol in moderation
 - ▶ Relax- Reduce stress
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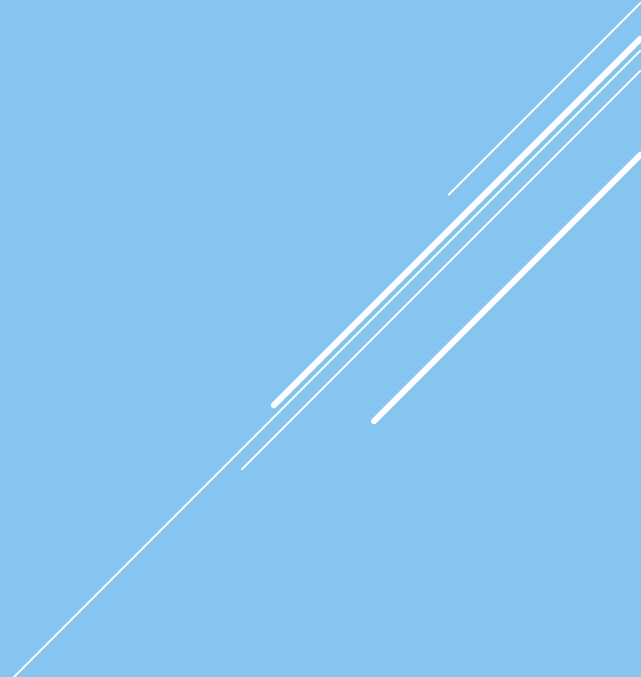
What to expect during a prostate screening exam:

- ▶ Questions about your personal health history
 - ▶ Any signs and symptoms you may be experiencing
 - ▶ Risk factors which places you at higher risk for developing prostate cancer
 - ▶ Questions about your family history
 - ▶ Physical exam which will consist of a digital rectal exam (DRE)
 - ▶ Bloodwork to test your prostate specific-antigen (PSA) level.
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Signs/symptoms of possible prostate problems:

- ▶ Frequent urination or trouble urinating
 - ▶ Trouble getting an erection
 - ▶ Blood in the urine or semen
 - ▶ Pain in the lower back or hips
- 

Risk factors which increase the chance of developing prostate cancer:

- ▶ Age
 - ▶ Family history of prostate cancer
 - ▶ Race
 - ▶ Hormones
 - ▶ Diet
 - ▶ Supplements
 - ▶ Smoking
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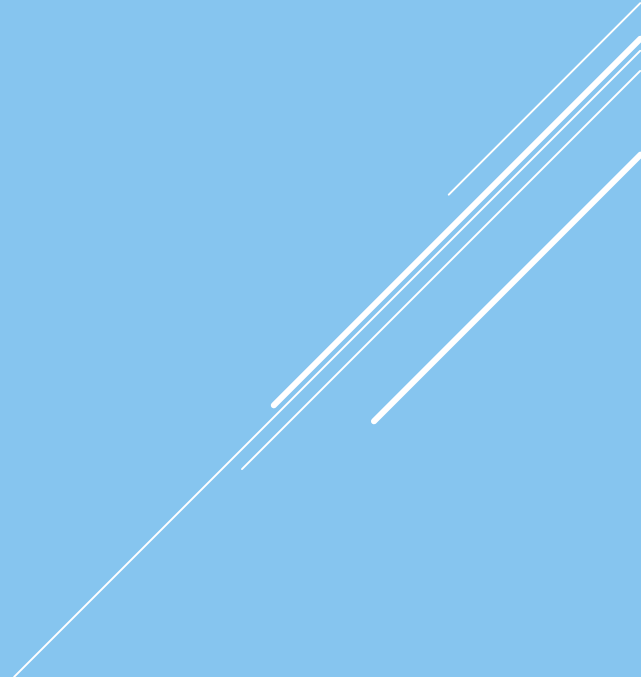
Age Range (Yr)	PSA Normal Range (mg/ml)
40-49	0-2.5
50-59	2.6-3.5
60-69	3.6-4.5
70-79	4.6-6.5

Does an Elevated PSA indicate prostate cancer?

NO

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

7 Common Factors that May Affect PSA Results:

- ▶ Age
 - ▶ Prostate size
 - ▶ Prostatitis
 - ▶ Benign Prostatic Hyperplasia (BPH)
 - ▶ Urinary tract infection or irritation
 - ▶ Prostate stimulation
 - ▶ Medications
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- ▶ **If a screening shows a prostate problem, follow-up tests such as a biopsy would be needed to check for cancer.**
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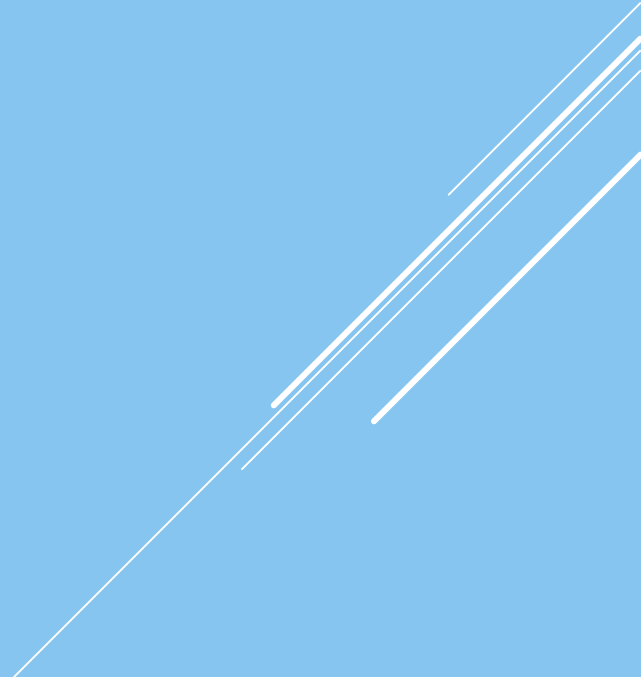


<https://www.youtube.com/watch?v=1O8u4N3-WbQ>

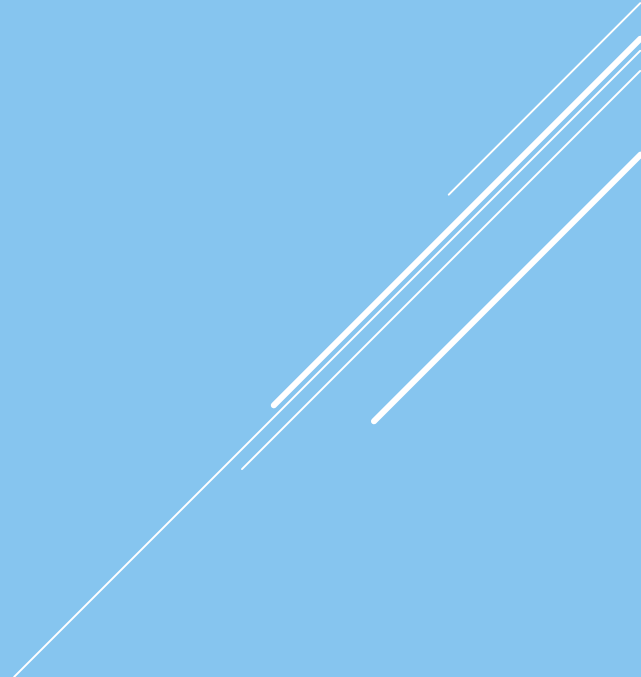
Recommended Imaging When Diagnosed with Prostate Cancer:

- ▶ Ultrasound
 - ▶ Bone Scan
 - ▶ CT Scan
 - ▶ MRI
 - ▶ PET Scan
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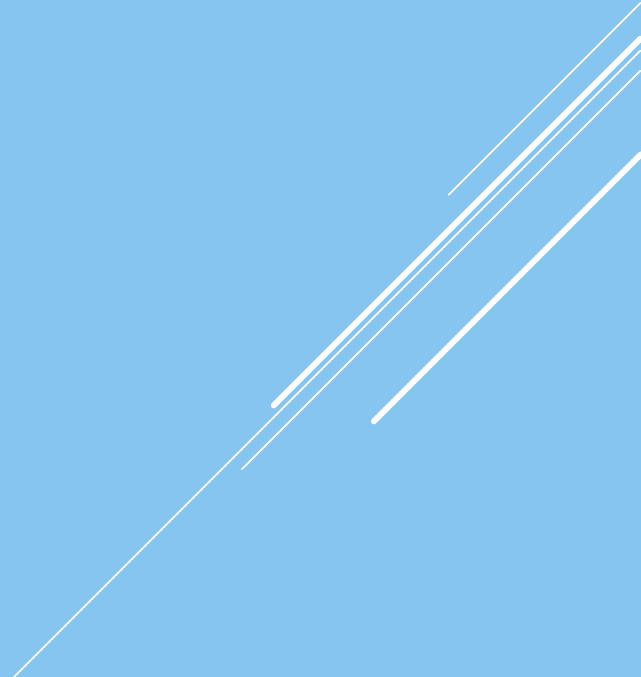
Treatment Modalities:

- ▶ Surgical
 - ▶ Radiation
 - ▶ Chemotherapy
 - ▶ Hormone
 - ▶ Active Surveillance
- 

Potential Side Effects of Treatments:

- ▶ Infertility
 - ▶ Urinary incontinence
 - ▶ Reduced Sexual Desire
 - ▶ Erectile Dysfunction
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Discussion:

- ▶ How many men have you encouraged to partake in a prostate screening?
 - ▶ What literature or resource do you have available to distribute within your community?
 - ▶ How will you motivate men in your community to get screened?
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