



# Prostate Cancer Facts

Prostate cancer is the most common cancer, excluding skin cancers, in American men and it is the second leading cause of cancer death among men in this country. Early prostate cancer is confined to the prostate gland itself. When detected early, prostate cancer is very treatable and highly curable.

## What is the Prostate?

The prostate is part of the male reproductive system. It is a muscular, walnut-sized gland that surrounds part of the urethra, the tube that transports urine and sperm out of the body. The prostate is located immediately below the bladder and just in front of the bowel. Its main function is to produce seminal fluid which protects and enriches sperm. The prostate usually grows when men reach their early 50s. Some men will notice symptoms at this point of weak urinary stream, frequent urination, getting up to urinate at night, and feeling a strong urge to urinate right away. These symptoms are mainly associated with benign growth of the prostate gland and not cancer. In fact, prostate cancer often does not have any symptoms until it is too late.

## Are you at risk for prostate cancer?

All men should be aware of their risk of the disease and begin yearly testing beginning at age 40. If you are African-American or have a family history of prostate cancer you are at a much higher risk – 60% more likely to be exact. Additionally, a family history, father, brother, uncle can greatly increase your risk.

Several major factors influence your risk for prostate cancer and unfortunately, there isn't much you can do to change those risks. But you can be sure to get annual testing to enhance early detection.

The older you are, the more likely you are to be diagnosed with prostate cancer. Your chances of being diagnosed with prostate cancer are as follows:

- 1 in 10,000 under age 40
- 1 in 38 for ages 40 to 59
- 1 in 15 for ages 60 to 69