

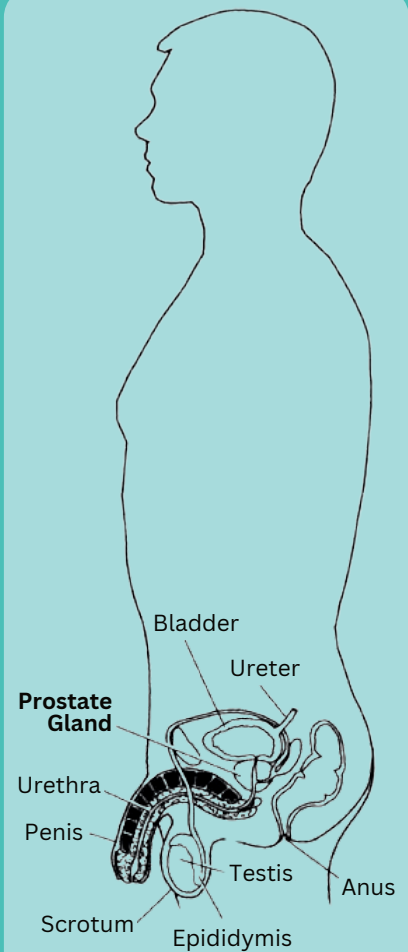
Have You Been Screened for Prostate Cancer?

What is the Prostate?

The **prostate** gland is a small organ located below the bladder and in front of the rectum in men. It produces a liquid that forms part of semen. The prostate uses a male hormone called testosterone to work normally.



Prostate Anatomy



Symptoms of Prostate Cancer

- Frequent urination, especially at night
- Difficultly starting or stopping the flow of urine
- Weak flow of urine
- Pain or burning when urinating
- Painful ejaculation during sexual intercourse
- Blood in urine or semen
- Pain or stiffness in the lower back, hips, or upper thighs



**You may not have any symptoms in the early stages*

Risk Factors for Prostate Cancer



Over the age of 50



Family history of prostate cancer



Men of African descent

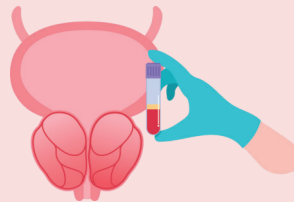


Diet high in animal fat

Testing for Prostate Cancer

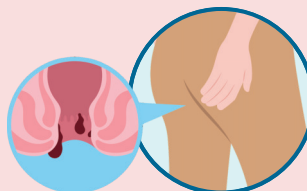
Blood test – PSA (prostate-specific antigen)

- The level of PSA in the blood is high in men who have prostate cancer.



Rectal exam

- Your doctor inserts a lubricated, gloved finger into your rectum to feel for hard or lumpy areas in the prostate.



Treatment Options



Surgery



Radiation



Chemotherapy



Hormone Therapy



Men between ages 50 and 70 are encouraged to get screened for prostate cancer every year! If you are experiencing symptoms of prostate cancer, make sure to contact your doctor.



To learn more about our doctor's group, call Member Relations: (415) 590-7418

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