

Circle Of LifeSM: Cancer Education and Wellness for American Indian and Alaska Native Communities



American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Wellness Along the Cancer Journey:
Cancer Types
Revised October 2015
Chapter 6: Prostate Cancer

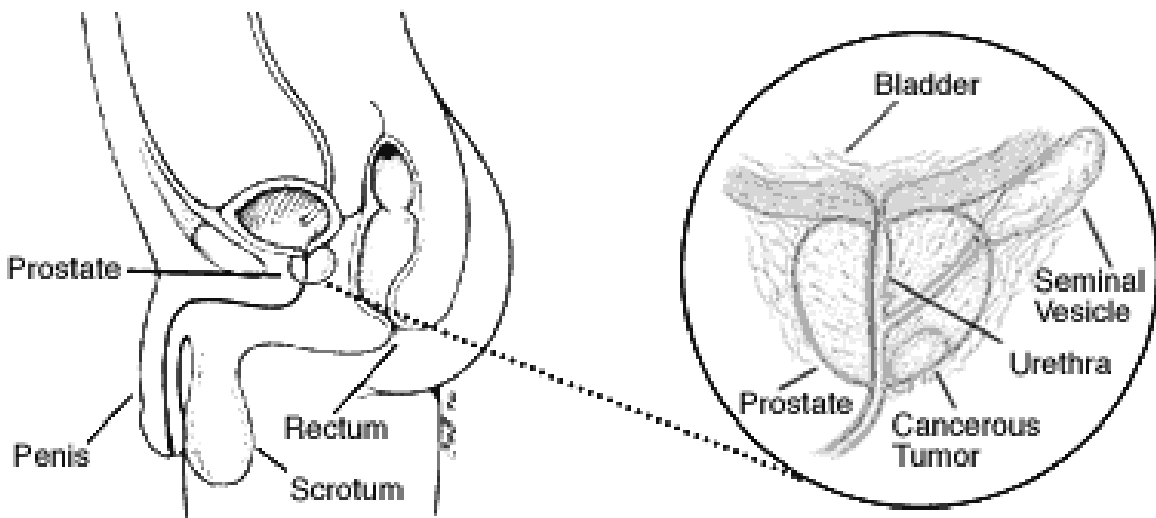


Prostate Cancer

Group Discussion		True	False	Not Sure
1.	Prostate cancer cannot be detected early.			
2.	The American Cancer Society does not recommend routine prostate cancer screening for men at average risk at this time.			
3.	Most men are willing to talk about prostate cancer.			

There is limited information about how many current and new cases of prostate cancer there are in Indian country. Many times men do not want to talk about prostate cancer or do anything about it because they are uneasy, worried or embarrassed. It is important to learn about prostate cancer and its risk factors and to adopt traditionally healthy ways of eating and exercising.

The prostate is a gland found only in men. The prostate has many different cell types, but nearly all prostate cancers start in the gland cells. This type of prostate cancer is known as an adenocarcinoma.



The prostate is just below the bladder and in front of the rectum. It is about the size of a walnut. The tube that carries urine outside the body (the urethra) runs

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through the prostate. The prostate contains cells that make some of the fluid (semen) that protects and nourishes the sperm.

The prostate starts to develop before birth and keeps on growing until a man reaches adulthood. Male hormones cause this growth. If male hormone levels are low, the prostate gland will not grow to full size. But in older men, the part of the prostate around the urethra may keep on growing. This causes an enlarged prostate or BPH (benign prostatic hyperplasia). This can make it hard to pass urine. BPH is a problem that must be treated, but it is not cancer.

The exact cause of prostate cancer is not known, but some prostate cancers (about 5%-10%) are linked to abnormal genes inherited from parents. Prostate cancer may also be linked to higher levels of certain male hormones. Even though we do not know the exact cause of prostate cancer, we do know that certain risk factors are linked to it.

If a man has had a prostate biopsy that showed abnormal cells, there is a greater chance that there are cancer cells in his prostate. For this reason, men with abnormal cells are watched carefully. Some may need a second biopsy.

Risk Factors

A risk factor is anything that affects a person’s chance of getting a disease such as cancer. Different cancers have different risk factors. But risk factors don't tell us everything. Many people with one or more risk factors never get cancer, while others with cancer may have had no known risk factors.

Risk Factors Someone Cannot Change	Risk Factors Someone Can Change
<ul style="list-style-type: none">• Being age 50 or older. Almost 2 out of 3 prostate cancers are found in men over the age of 65.• Prostate cancer is more common in African-American men than in white men. American Indian and Alaska	<ul style="list-style-type: none">• Some studies have shown a link between eating a lot of red meat or high-fat dairy products and a slightly higher risk of prostate cancer. This risk may be due to not eating enough fruits and vegetables but it’s not clear which factor has the most effect.

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<p>Native men have it less often than white men.</p> <ul style="list-style-type: none">• Men with a father or brother who have had prostate cancer are more likely to get it themselves. The risk is higher if their relatives were young when they got prostate cancer.• Some inherited genes raise the risk of prostate cancer.	
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Early Detection

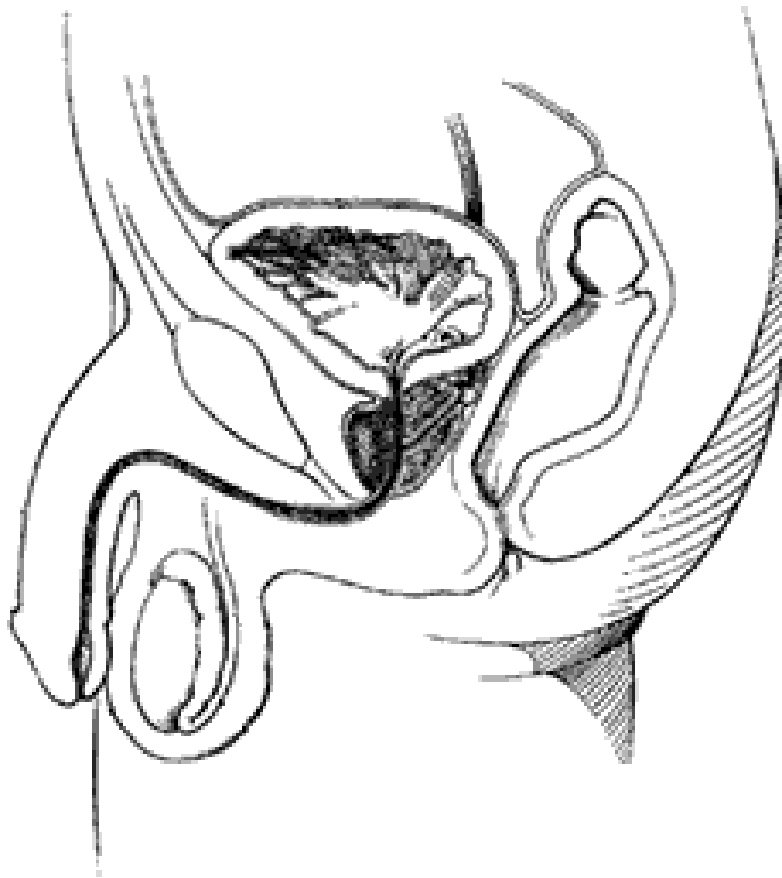
Some prostate cancers are found early by testing the amount of PSA (prostate-specific antigen) in the blood. PSA is a substance made by the prostate. Another way prostate cancer is found early is when the health care provider does a digital rectal exam (DRE). This is when a health care provider puts a gloved finger into the rectum to feel the surface of the prostate gland. Because the prostate gland lies just in front of the rectum, the health care provider can feel if there are any bumps or hard places on top or sides of the prostate. These might be cancer.

Since prostate cancer grows slowly, PSA and DRE may also detect changes in the prostate that would not lead to a cancer death. And treatments for these prostate cancers may cause problems for many men. Thus, the American Cancer Society does not recommend routine prostate cancer screening for all men at this time. Beginning at age 50, men should talk with their health care providers to discuss the options for testing and decide what is right for them. If the man has risk factors, then he should talk with his health care provider at age 45.

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Activity

On the picture below, identify the prostate and list one to two risk factors men can change to reduce their risk of prostate cancer.



Risk Factors Someone Can Change:

1. _____

2. _____

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Story of Hope



"I was like very lucky, very lucky in conjunction with many of my other brothers and sisters I've heard this week and their journey with this monstrous disease, and I can only encourage you to get a PSA test done.

Like many of us we never heard of a PSA test, or we don't even know what the prostate does, but I would encourage you as an individual, the spouses, the wives also to encourage their husbands and their sons that are in um maybe the middle 40's or 50's to get in and get that prostate done with the idea of getting, getting it done early and being able to have an early detection therefore you would have better opportunities for surgery. You would have better options." --John Shopteese, Prairie Band Potawatamie Prostate Cancer Survivor

(Clark, R., (Producer) &Shopteese, J. (Artist), (2007). *Survivor Video Vignettes: Message to Others*. [Web]. Retrieved from http://natamcancer.org/vignettes/vignettes.html#s_text)

Key Messages

- Men age 50 and older should talk with their provider about getting screened for prostate cancer.
- Almost 2 out of every 3 prostate cancers are found in men over age 65.
- Men with a father or brother who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got prostate cancer.