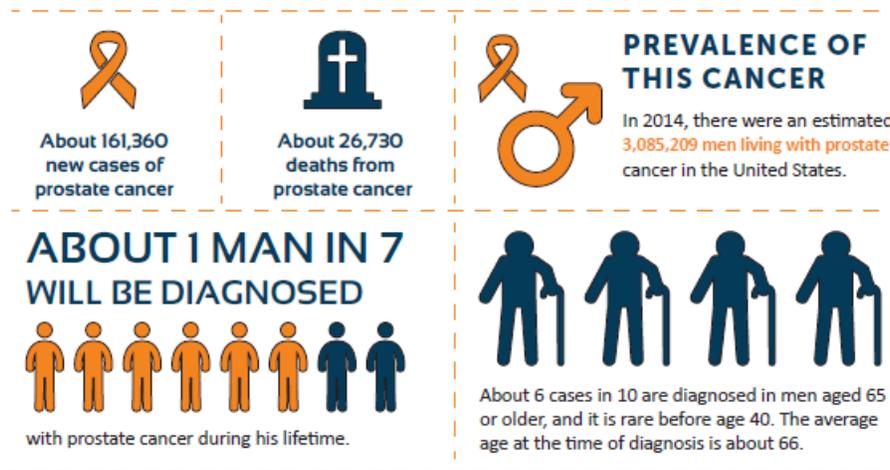


Prostate Cancer Awareness Month

Prostate cancer affects 1 in 7 men and is the most common non-skin cancer in American men. Learn more about this disease, including the symptoms, treatment, who's at risk and more.



What Is Prostate Cancer?

Prostate cancer is a malignant tumor of the prostate.

The disease is less common before age 50, and experts believe that most elderly men have traces of it.

- ▶ Your prostate makes a substance called prostate-specific antigen (PSA). A PSA test measures the amount of PSA in your blood.
- ▶ A PSA test can be abnormal (high PSA) for several reasons besides prostate cancer. The only way to know if an abnormal test is due to cancer is to do a biopsy.
- ▶ A biopsy removes a sample of the prostate gland cells to look at under a microscope. The biopsy is done by a specialist.
- ▶ If the biopsy shows that there are cancer cells, your doctor will talk to you about treatment options.

Prostate cancer in its early stages (when it's found only in the [prostate gland](#)) can be treated, with very good chances for survival. Fortunately, about 85% of American men with prostate cancer are diagnosed in an early stage of the disease.

What Causes Prostate Cancer?

Prostate cancer affects mainly older men. About 80% of cases are in men over 65, and less than 1% of cases are in men under 50. African American men and those with a family history of prostate cancer are more likely to get it.

Doctors don't know what causes prostate cancer, but diet contributes to the risk. Men who eat lots of fat from red meat are most likely to have prostate cancer. Eating meat may be risky for other reasons: Meat cooked at high temperatures produces cancer-causing substances that affect the prostate. The disease is much more common in countries where meat and dairy products are common than in countries where the diet consists of rice, soybean products, and vegetables.

A diet that helps you stay at a healthy weight may cut your chances of having prostate cancer. These steps can help:

- Choose whole-grain breads, pasta, and cereals over refined grain products.
- Cut back on red meats, especially processed meats such as hot dogs, bologna, and certain lunch meats.
- Eat at least 2 1/2 cups of fruits and vegetables each day.

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- Tomatoes, both raw and cooked
- Pink and red grapefruit
- Watermelon
- Guava
- Papaya



Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society's estimates for prostate cancer in the United States for 2021 are:

- About 248,530 new cases of prostate cancer
- About 34,130 deaths from prostate cancer

Prostate cancer is the most common non-skin cancer diagnosed in men, and the second leading cause of cancer deaths in men, after lung cancer. Prostate Cancer oftentimes has no early symptoms.

Prostate cancer is more common in older men. It is more likely to occur in men with a family history of prostate cancer and in men of African-American descent. Other risk factors include smoking, being overweight, and not getting enough exercise.

Because of effective screening options for prostate cancer, the disease is often caught before it spreads, and as a whole, survival rates are good for this type of cancer.

Risk of prostate cancer

About 1 man in 7 will be diagnosed with prostate cancer during his lifetime.

Prostate cancer is more likely to develop in older men and in non-Hispanic Black men. About 6 cases in 10 are diagnosed in men who are 65 or older, and it is rare in men under 40. The average age of men at diagnosis is about 66.

Deaths from prostate cancer

Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. About 1 man in 41 will die of prostate cancer.

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 3.1 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

NUMBER OF NEW CASES AND DEATHS PER 100,000

The number of new cases of prostate cancer was 119.8 per 100,000 men per year.

The number of deaths was 20.1 per 100,000 men per year. These rates are age-adjusted and based on 2010-2014 cases and deaths.



LIFETIME RISK OF DEVELOPING CANCER

Approximately 11.6 percent of men will be diagnosed with prostate cancer at some point during their lifetime, based on 2012-2014 data.

National Prostate Health Month (NPHM) is observed every September in North America by health experts, health advocates, and individuals concerned with men's prostate health. 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

(For more information:

www.prostatehealthmonth.com

www.cancer.org/cancer/prostate-cancer/about/key-statistics.html

www.webmd.com/prostate-cancer/default.htm

www.webmd.com/prostate-cancer/guide/default.htm

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www.urologyhealth.org/careblog/september-is-prostate-cancer-awareness-month

www.prostatecancerawarenessmonth.com

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www.cdc.gov/cancer/dcpc/resources/features/prostatecancer/index.htm

<https://seer.cancer.gov/statfacts/html/prost.html>

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