Prostate Cancer Screening

The American Cancer Society and
Congregational Health Ministry Team

June Module

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visit www.cancer.org and
type in congregational health ministry in the search box.

TOPIC: Prostate Cancer Screening

JUNE CONTENT

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TOPIC: Prostate Cancer Screening

OVERVIEW

TALKING POINTS

- In American men, prostate cancer is the most common cancer (other than skin cancer) and the second leading cause of cancer death.
- Most early cases of prostate cancer cause no symptoms, but some early signs may be frequent urination, especially at night; difficulty starting urination or inability to urinate; and weak or painful urination.
- Whether or not symptoms are present, the American Cancer Society recommends that, beginning at age 50, men be aware of their risk of developing prostate cancer and consider being screened annually for the disease.
- A diet that is low in fat – and especially low in saturated fat – may help reduce a man's risk for developing prostate cancer.
- Early detection may offer men with prostate cancer the greatest opportunity for full recovery.
- Beginning at age 50, all men should talk to their doctors about having a digital rectal exam (DRE) and a prostate-specific antigen (PSA) blood test every year. Men who are at high risk for prostate cancer (African Americans or men with a first-degree relative, such as a father or brother, diagnosed with prostate cancer at a young age) should begin testing at age 45.

BULLETIN BOX

Age is the main risk factor for prostate cancer, and early detection increases survival and treatment options. All men 50 years and older should talk to their doctors about having annual tests to help find prostate cancer early.

For more information, call 1-800-ACS-2345 or visit www.cancer.org.

RESOURCES

American Cancer Society Web site: www.cancer.org
American Cancer Society phone number: 1-800-ACS-2345
National Cancer Institute Web site: www.cancer.gov
National Cancer Institute phone number: 1-800-4CANCER
CaP Cure (Association for the Cure of Cancer of the Prostate) Web site: www.capcure.org
CaP Cure phone number: 1-800-757-CURE

Join us for an informative discussion on prostate cancer screening.

Location:

Date:

Time:

For more information, contact:

Join Us for an Informative Discussion on Prostate Cancer Screening

Learn about the benefits of talking with your health care provider about prostate cancer screening.

Location:

Date:

Time:

For more information, contact:

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SAMPLE NEWSLETTER:

WHAT YOU SHOULD KNOW ABOUT PROSTATE CANCER TESTING

Prostate cancer testing is not a clear-cut issue. That's why it's important to discuss the subject with your doctor and make the decision that's right for you. Tests can help doctors find prostate cancer when the disease is still at an early stage – when it is most treatable.

Based on current knowledge, the American Cancer Society makes the following recommendations:

- Ask your doctor about getting a prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) every year beginning at age 50.
- If you are an African American or an adult male with a family history of prostate cancer, begin testing earlier.
- Talk to your doctor about how these guidelines apply to your personal situation and your future quality of life.

All men should understand the benefits and limitations of early detection and treatment of prostate cancer before making decisions.

Important Sidebar - What can women do?

Prostate cancer is a man's disease, but women can do something about it. Women are often the family's primary caregivers and the most aware of health issues. Here are a few things women can do to help fight prostate cancer in their homes and communities:

- Make sure the men in your family know the facts about prostate cancer and talk with their doctors about their own personal risk.
- Protect your family by encouraging a healthy diet and regular physical activity.
- Add your voice to the fight against prostate cancer by joining the American Cancer Society's Action Network to encourage lawmakers to increase funding for prostate cancer research.
- Volunteer with your local American Cancer Society to increase awareness of prostate cancer issues in your community and raise funds to help fight cancer.

For more information on prostate cancer, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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SAMPLE NEWSLETTER:

MAKING AN INFORMED DECISION

If you're a man, you should be concerned about prostate cancer, which will claim an estimated 28,900 lives in 2003. But you may have heard different advice on what you should be doing about it. When it comes to making the right decision for you, the issue can seem a little cloudy. Here's what you should know.

The Uncertainty

For American men, prostate cancer is the most commonly diagnosed non-skin cancer and the second leading cause of cancer death. The good news is that prostate cancer can often be treated successfully if it is caught early. Currently, researchers and the medical community are working to better understand this disease, as well as how to best detect and treat it.

Your Best Defense

What is your best defense against prostate cancer? The answer is different for each man. Learning all you can about your personal risk for prostate cancer and options for early detection testing will help you make informed decisions about your prostate health.

Talk to your doctor about your risk. Simply being a man and growing older are the greatest risk factors. Being African-American (the death rate is twice as high as white men), having a family history of the disease, and eating a high fat diet can significantly increase your risk of prostate cancer.

Some other important things to remember about prostate cancer are:

- In its early stages, prostate cancer has *no* symptoms.
- A prostate-specific antigen (PSA) test (a simple blood test), along with a digital rectal exam (DRE), is the best way to detect anything abnormal. This applies primarily for men 50 and older or younger men at higher risk, but discuss it with your doctor.
- Prostate cancer grows slowly over many years, and many are not life threatening. If you are diagnosed, you may not need to rush a treatment decision.
- There are many treatment options for prostate cancer, so an open dialogue with your doctor is essential.

Educating yourself is the key to making the right decision about your own health care. Call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org for more specific information about this disease or to find out how you can help make a difference in the fight against prostate cancer.

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SAMPLE NEWSLETTER:

AFRICAN-AMERICAN MEN MORE LIKELY TO DEVELOP PROSTATE CANCER

Prostate cancer is the most common cancer among African-American men in the United States. An estimated 27,000 cases and 5,300 deaths are expected among African-Americans in 2003. The prostate cancer death rate is 2.3 times higher in African-American men than in white men.

The American Cancer Society recommends following their screening guidelines for prostate cancer. The guidelines state that, beginning at age 50, the prostate-specific antigen (PSA) test and the digital rectal exam (DRE) should be offered annually to men who have a life expectancy of at least 10 years. Men at high risk for prostate cancer, including African Americans or men who have a history of prostate cancer in close family members, should begin testing at age 45. Patients should also be given information about the benefits and limitations of tests so they can make an informed decision.

Survival rates for African-American men who are diagnosed with prostate cancer are promising. The overall five-year relative survival rate for prostate cancer among African Americans is 87 percent.

For more information on prostate cancer, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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FACT SHEET

General

- In American men, prostate cancer is the most common cancer (other than skin cancer) and the second leading cause of cancer death.
- An estimated 232,090 new prostate cancer cases are expected in the United States in 2005.
- Prostate cancer incidence rates remain significantly higher in African-American men than in white men.
- An estimated 30,350 men will die of prostate cancer in the United States in 2005.
- Mortality rates are declining, but rates in African-American men remain more than twice as high as rates in white men.

Risk Factors

- Gender: Affects men only.
- Age: More than 70 percent of all prostate cancers are in men over age 65.
- Race: Men of African-American descent have the highest prostate cancer incidence rate.
- Heredity: Five to 10 percent of prostate cancers may be inherited.
- Diet: A high-fat diet may play a part in causing prostate cancer.

Symptoms

- Frequent urination, especially at night.
- Difficulty starting urination or inability to urinate.
- Weak or painful urination.

Screening

- Beginning at age 50, all men should talk to their doctors about having a digital rectal exam (DRE) and a prostate-specific antigen (PSA) blood test every year
- Men who are at high risk (African Americans or men with a first-degree relative diagnosed with prostate cancer at a young age) should begin testing at age 45.

Treatment

- Surgery
- Radiation
- Hormone therapy
- Chemotherapy
- Watchful waiting

Survival

- Five-year localized survival rate …100%
- Five-year overall survival rate……..99%

For more information on prostate cancer, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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ARE YOU AT RISK QUIZ

Which of the following are risk factors for developing prostate cancer?

a. Age
b. Race
c. Diet
d. Physical inactivity
e. Family history

Answer:

All of the above are risk factors for developing prostate cancer.

a. Age: Risk of prostate cancer increases after age 50, and more than 70 percent of all men diagnosed are 65 or older.
b. Race: Prostate cancer occurs almost 60 percent more often in African-American men than it does in white men.
c. Diet: Men who eat a lot of animal fat have a greater chance of developing prostate cancer.
d. Physical inactivity: Inactivity can contribute to cancer risk, so regular physical activity and maintaining a healthy weight are important.
e. Family history: Having a father or brother with prostate cancer doubles a man's risk of developing the disease.

For more information on prostate cancer, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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FREQUENTLY ASKED QUESTIONS AND ANSWERS

What is the prostate?
The prostate gland is walnut sized and is located in front of the rectum, behind the penis, and under the bladder. It contains gland cells that produce seminal fluid, which protects and nourishes sperm cells or semen.

What is prostate cancer?
Prostate cancer is the uncontrollable growth and spread of cells in the prostate. If not controlled, it can possibly lead to death.

How many men are affected by prostate cancer?
Prostate cancer is the most common cancer (other than skin cancer) and the second leading cause of cancer death in American men. In 2005, an estimated 232,090 new cases will occur in the United States. An estimated 30,350 deaths due to prostate cancer will occur in 2005. Prostate cancer incidence rates remain significantly higher in African-American men than in white men.

Who survives prostate cancer?
Eighty-five percent of all prostate cancers are discovered in the local and regional stages. The five-year relative survival rate for patients whose tumors are diagnosed at these stages is 100 percent. The combined survival rate for all stages is 99 percent.

What causes prostate cancer?
Although the causes of prostate cancer are not yet completely understood, researchers have found several factors that increase the risk of developing the disease. Many risk factors (listed below) are beyond a man's control. However, since high-fat diets have been linked to prostate cancer, eating a diet that is low in fat – especially saturated fat – may help reduce a man's risk for developing the disease. Also, inactivity can contribute to cancer risk, so regular physical activity and maintaining a healthy weight are important.

What are the risk factors associated with prostate cancer?

- Age: Although men of any age can get prostate cancer, it is found most often in men over 50. Seventy percent of all prostate cancers are diagnosed in men over age 65.
- Race: African-Americans have the highest prostate cancer incidence rates in the world.
- Family history: Recent genetic studies suggest that strong familial predisposition (fathers or brothers diagnosed with prostate cancer at a young age) may be responsible for five to 10 percent of prostate cancers.

What are the signs and symptoms of prostate cancer?
Most of these symptoms are nonspecific and are similar to those caused by benign conditions.

- Frequent urination, especially at night.
- Difficulty starting urination or inability to urinate.
- Weak or painful urination.
- Blood in the urine.
- Continual pain in lower back, pelvis, or upper thighs.

What types of tests are used to detect prostate cancer?

- Digital rectal exam (DRE): The health care provider inserts a gloved finger into the rectum to feel for anything abnormal on the prostate gland.
- Prostate-Specific Antigen (PSA) blood test: A blood sample is obtained and sent to the laboratory to assess the elevation of this antigen.

Does my health insurance plan or Medicare cover prostate cancer screening?

Many health insurance plans cover this screening. Contact your personal health insurance carrier for more information. Medicare covers this screening for men over age 50 and insured by Medicare Part B.

How is prostate cancer treated?

Depending on age, stage of the cancer, and other medical conditions of the patient, surgery and radiation should be discussed with the patient's physician. Hormonal therapy and chemotherapy or combinations of these options might be considered for metastatic disease. Hormone treatment may control prostate cancer for long periods by shrinking the size of the tumor, thus relieving pain and other symptoms. Careful observation without immediate active treatment (watchful waiting) may be appropriate, particularly for older individuals with low-grade and/or early-stage tumors.

What support services are available for men who have been diagnosed with prostate cancer?

If the patient is unsure about what kind of help is available or needed, a hospital social worker should be consulted. Education and support groups can provide answers to questions and provide information about ways to cope with the disease and its treatment by introducing the patient to people who have survived cancer and continue to lead full lives.

The Cancer Survivors Network (CSN) provides an Internet-based support service for cancer survivors, their families, caregivers, and friends. CSN was created by and for cancer survivors and their families to address their need to connect with others whose lives have been touched by cancer, share their experiences, and support one another. CSN can be found on the American Cancer Society's Web site at www.cancer.org.

What questions/discussion should occur with the doctor about prostate cancer?

If a man is 50 or older, or younger than 50 but African-American and/or has first-degree relatives who experienced prostate at a young age, he should discuss prostate cancer and the benefits of screening with his physician. Potential questions to ask include:

- What is my risk for developing prostate cancer?
- What are the available testing options?
- How often should I be tested?

For more information on prostate cancer, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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SUGGESTED MATERIAL

Title: Guidelines for the Early Detection of Cancer
Description: Provides general information regarding cancer-related checkups for the early detection of cancer in people without symptoms.
Order #: 2070.00
Cost: $0.04
Quantity: Banded in 25

Title: Cancer Facts for Men
Description: Overview of the cancers that most frequently affect men.
Order#: 2008.00
Cost: $0.03
Quantity: Banded in 25

Title: Sexuality & Cancer – For the Man Who Has Cancer and His Partner
Description: In-depth information about cancer and sexuality.
Order #: 4658.00
Cost: $0.72
Quantity: Banded in 10

To order, call your American Cancer Society at 1-800-ACS-2345.

Other References:
American Cancer Society's Web site, www.cancer.org
National Cancer Institute Web site: www.cancer.gov
National Cancer Institute phone number: 1-800-4CANCER
CaP Cure (Association for the Cure of Cancer of the Prostate) Web site: www.capcure.org
CaP Cure phone number: 1-800-757-CURE

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SPEAKER'S NOTES FOR PRESENTATION

Slide 1: Welcome to this presentation on Prostate Cancer. My name is _____. I appreciate the opportunity to share this information with you and hope that you will find it useful.

Slide 2: none

Slide 3: An estimated 232,090 new cases of prostate cancer are expected to occur in the United States.

Although mortality rates are declining, rates in African American men remain more than twice as high as rates in white men.

Slide 4: Most early cases of prostate cancer cause no symptoms. Listed are some early signs, although these symptoms may be signs of other conditions as well.

Slide 5:

- Although men of any age can get prostate cancer, it is found most often in men over 50.
- In addition to having the highest incidence rates, African-American men are also more than twice as likely as white men to die from the disease.
- Recent genetic studies suggest that strong familial predisposition may be responsible for five to 10 percent of prostate cancers.
- International studies suggest that dietary fat may also be a risk factor.

Slide 6:

- Early detection may offer men with prostate cancer the greatest opportunity for full recovery. Patients should be given information about the benefits and limitations of testing.
- First-degree relatives are fathers or brothers.

Slide 7: Treatment for prostate cancer includes surgery, hormone therapy, chemotherapy, and radiation. Radical prostatectomy, the surgical removal of the prostate, is the most commonly chosen surgical treatment for prostate cancer. Each surgical and non-surgical treatment has side effects and should be considered when deciding how to proceed. If the cancer is detected early, slow growing, and not causing symptoms, watchful waiting may be chosen initially, especially for older men.

Slide 8: Eighty-five percent of all prostate cancers are discovered in the local and regional stages. The five-year relative survival rate for these stages is 100 percent. If prostate cancer is detected before it spreads, the five-year survival is nearly 100 percent, with or without treatment.

During the past 20 years, the survival rate for all stages combined has increased from 67 percent to 99 percent. Relative survival after diagnosis of prostate cancer continues to decline with longer follow-up. According to the most recent data, the relative 10-year survival rate is 92 percent and the 15-year survival rate is 61 percent.

Slide 9: *Basic Research*: Little is know about how to prevent prostate cancer. Plus, doctors are uncertain which prostate cancers will be fast growing and need aggressive treatment or which will be slow growing and need less aggressive treatment.

Genetics: Genetic research is seeking to identify men at highest risk for the disease so screening may begin earlier. Genetic research may also make it possible to design medications and treatments to reverse the changes that lead to the development of the disease.

Prevention: Research continues to look at foods, such as tomatoes and soybeans, that may reduce the risk of prostate cancer. New drugs that block the effects of male hormones that may promote prostate cancer growth are being developed. Another study is testing Vitamin E and selenium supplements for prostate cancer prevention.

Vaccines: Several types of vaccines for increasing the body's immunity to prostate cancer cells are being tested.

Slide 10:

- *Man to Man* brings together prostate cancer patients, physicians, and other health care professionals. It is a forum for men and their significant others to learn about diagnosis, treatment options, and living well after diagnosis.
- *I Can Cope* is an educational course for patients, their family members, and their friends. It is provided in a supportive environment and is facilitated by a trained health care professional.
- *Cancer Survivors Network (CSN)* offers stories and discussions among survivors and caregivers on topics such as facing the fear of recurrence; living with late-and long-term effects; pain and fatigue; family relationships; and what to do when someone you love has cancer. It is accessible through www.cancer.org. When accessing CSN through the Internet, you can participate in live chats and listen to live Web casts.

Slide 11: none

Slide 12: none