



MARCH 2024



## PROSTATE CANCER

The prostate is a gland about the size of a walnut that is located beneath the bladder surrounding the urethra. It produces fluid that becomes part of semen. In 2024, prostate cancer is projected to cause almost a third of all cases of cancer in men with close to 300,000 projected cases being diagnosed.

**Symptoms:** While initial stages of prostate cancer usually have no symptoms, advanced stages may cause symptoms such as:

- Trouble urinating
- Frequent urination
- Decreased force of urination
- Difficulty starting or stopping urine stream.
- Blood in semen
- Pain or discomfort in the pelvic area
- Bone Pain

**Risk Factors:**

- The risk of prostate cancer rises significantly after the age of 50.
- Race/ethnicity: African American men and Caribbean men of African ancestry.
- Family History: Having a father or brother, especially if they were younger when diagnosed.
- Genetics: Certain genes such as BRCA or Lynch syndrome can increase risk

**Prevention:**

- Regular physical activity
- Stay at a healthy weight.
- Eat a healthy diet high in fruits and vegetables.

**Screening and Early Detection:**

- Should be performed starting at age 50.
- Should be performed at age 45 or earlier for men at elevated risk.
- Can be performed using a blood test called prostate-specific antigen (PSA) and/or through a digital rectal exam (DRE)

**Treatment:**

Most prostate cancers are curable. Especially those that have not spread to other parts of the body at the time of diagnosis. Treatment depends on the type and stage of cancer, the person's age, other health conditions and personal choices. Treatment options include radiation therapy, chemotherapy, hormonal therapy, and surgery. Prostate cancer has one of the highest survival rates of any cancer.

The New Jersey Conference Health Ministry will be hosting a big health fair in the city of Newark:

Date: April 13

Time: 9:00 am - 3:00 pm

Location: First Newark English Church. 202 Norman Rd.