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Chairperson CHW

## PROSTATE HEALTH MONTH

Sunday  
September 22, 2012



There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily. Society is being dramatically affected because *men are living approximately 5 years less than women.*

### Recognizing Symptoms of Prostate Enlargement

#### Benign Prostate Hyperplasia (BPH)

*A non-cancerous enlargement of the prostate*

- *Is the man in your life making frequent trips to the bathroom during the night?*
- *Is he enjoying social activities less because he always has to be near a bathroom?*
- *Has he complained about weak urine flow or difficulty in starting urination?*

If you are over the age of 50, these symptoms may indicate BPH. **BPH is easily treatable.** *However, many men are unaware that treatment is available.*

### Prostate Cancer

*Prostate cancer is the most common cancer in men. Every year, over 200,000 men are diagnosed with this disease, and approximately 30,000 die.*

Every man should consider a baseline prostate-specific antigen (PSA) and DRE at age 40. **African Americans**, men with a family history of prostate cancer and **men exposed to Agent Orange** should consult with their health care provider about yearly tests beginning at age 40. In the **early stages, prostate cancer** usually causes no symptoms. However, as the disease develops, so do the red flags. *Men should notify a doctor immediately if they notice any of the following: Hip or back pain; Difficulty urinating; Painful or burning urination; and/or Blood in the urine.*



#### Helpful Websites:

Men's Health Network [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

Men's Health Library [www.menshealthlibrary.com](http://www.menshealthlibrary.com)

Women Against Prostate Cancer [www.womenagainstproustatecancer.org](http://www.womenagainstproustatecancer.org)