

This infographic provides some key information on prostate cancer and how you may be able to prevent it.

# PROSTATE HEALTH



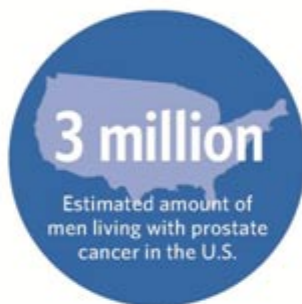
About **one in seven men** will be diagnosed with prostate cancer during his lifetime.

**No. 2**

Other than skin cancer, prostate cancer is the most common cancer in American men.

**65+**

It occurs mainly in older men 65 or older, and it is rare before age 40.



**No. 2**

The second leading cause of cancer death in American men, behind only lung cancer. About one man in 36 will die of prostate cancer.

**66**

The average age at the time of diagnosis

## RISK FACTORS

### age

More than 70 percent of all occurrences are in men over 65. Beginning at age 50, you should have a prostate exam every year.

### genetics

Men with a first-degree relative diagnosed with prostate cancer are considered high risk, and should consider screening at age 40.

### race

African-American males over 40 have the highest rate of prostate cancer and should consider screenings at age 40.

### diet

Studies suggest that men who eat a diet high in animal fat or meat may be at increased risk.

## HEALTH TIPS



Eat fewer calories and exercise more to maintain a healthy weight.



Men who eat a diet rich in fruits and vegetables may reduce their risk of developing prostate cancer.



Limit the amount of fat you get from red meat and dairy products.



Avoid smoking and drink alcohol in moderation, if at all.



Physical activity is important, so exercise two to three times a week.



Watch your calcium intake. Avoid taking more than 1,500 mg of calcium supplements a day.



Eat more fish. Fish may help protect against prostate cancer because of "good fat"—particularly omega-3 fatty acids.



City of Hope researchers are studying whether white button mushrooms provide hormone-blocking effects for prostate cancer.

## Symptoms

- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Trouble urinating
- Painful ejaculation
- Pain or burning during urination
- Blood in the urine or semen
- A pain in the back, hips or pelvis that does not go away