

Prostate Cancer Awareness

What Is the Prostate?

- Small, walnut-shaped gland in the male reproductive system, located below the bladder and surrounding the upper urethra.
 - Produces fluid for semen and prostate-specific antigen (PSA).
 - PSA levels can rise due to cancer, age, activity, or inflammation — not always a sign of cancer.
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What Is Prostate Cancer?

- Caused by abnormal cell growth in the prostate.
 - Tumors may be benign (non-cancerous) or malignant (cancerous).
 - Often slow-growing, but some forms are aggressive and can spread (metastasize) to bones, lymph nodes, and other organs.
 - Early detection is critical for best outcomes.
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Major Risk Factors

Age

- Risk rises sharply after age 50.
 - 60% of cases occur in men 65+; average diagnosis age is 66.
 - By age 80, risk approaches 60%.
 - Screening discussions recommended from age 45–50.
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Family History & Genetics

- First-degree relative with prostate cancer → 2–3× higher risk.
- BRCA1/BRCA2 mutations → 2–5× higher risk.
- Family history of breast, ovarian, or pancreatic cancer also relevant.
- Inherited mutations cause ~10% of cases.
- Early and more frequent screening advised for high-risk men.

Race & Ethnicity

- Black and African American men face the highest risk:
 - 1 in 6 will develop prostate cancer (vs. 1 in 8 overall).
 - 1.7× more likely to be diagnosed and 2.1× more likely to die from the disease than white men.
 - Slightly higher likelihood of advanced-stage diagnosis.
 - Contributing factors may include:
 - Socioeconomic disparities linked to historical inequities.
 - Racial bias in preventive care (less likely to be offered PSA testing).
 - Lower likelihood of receiving treatment for early-stage disease.
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Veterans & Chemical Exposure

- Vietnam and Korean War Veterans exposed to Agent Orange have higher prostate cancer occurrence.
 - Veterans are ~2× more likely to be diagnosed than non-veterans.
 - ~11,000 cases diagnosed annually in the VA system.
 - Eligible Veterans may qualify for VA disability compensation.
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Occupational Hazards

- Firefighters: ~15–28% higher risk due to carcinogenic chemical exposure; classified as Group 1 carcinogen by IARC.
 - Other high-risk jobs:
 - Farmers & pesticide applicators.
 - Workers exposed to cadmium (welders, battery makers, rubber workers).
 - Nuclear plant workers, radiologists (radiation exposure).
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Lifestyle Factors

- Diet:
 - Higher risk: high saturated fats, processed meats, dairy.

- Lower risk: fruits, vegetables, whole grains, lean proteins; nutrients like lycopene (tomatoes) & selenium.
 - Physical Activity:
 - Walking 1–3 hrs/week → 86% lower risk of aggressive prostate cancer.
 - Vigorous exercise ≥3 hrs/week → 61% lower risk of death from prostate cancer.
 - Other Risks:
 - Smoking, excessive alcohol, obesity linked to higher risk and aggressiveness.
 - Healthy lifestyle lowers—but does not eliminate—risk.
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Why Early Detection Matters

- Survival Rate: 5-year survival >99% when detected early.
 - Benefits:
 - More treatment options, including less invasive ones.
 - Higher survival rates and prevention of spread.
 - Better quality of life with preserved urinary/sexual function.
 - Screening Tools: PSA blood test and digital rectal exam (DRE).
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Final Thought

- Prostate cancer is highly treatable when detected early — timely screening is essential.
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Scripture for the Month

"I will never forget your commandments, for you have used them to restore my joy and health."
(Psalm 9:93)

In Faith & Health
Health & Wellness Ministry
Fountain of Faith Missionary Baptist Church