



## *Prostate Health Initiative*

### **Are You Healthy?**

*“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”*

*~Denis Waitley*

# What is the Prostate?

- ◆ The prostate is a walnut sized gland located under the bladder and in front of the rectum.
- ◆ The prostate's job is to make some of the fluid that protects and nourishes sperm cells in semen.



## Common Prostate Conditions

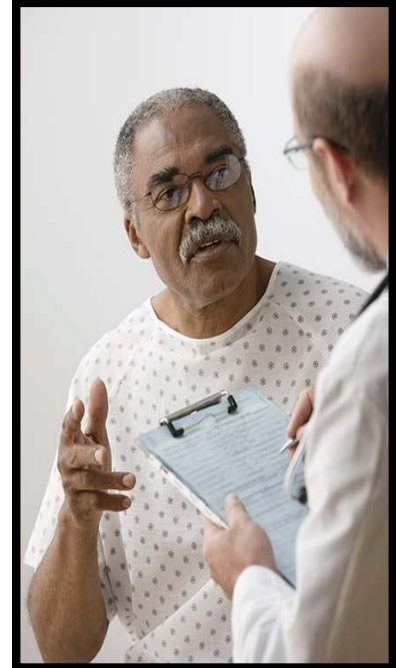
- ◆ **Prostatitis:** This is a swelling of the prostate caused by an infection. It can cause painful urination, lower back pain, body aches, fever or chills.
- ◆ **Benign Prostatic Hyperplasia (BPH):** This abnormal cell growth causes the prostate to become larger than normal. This is very common in older men and causes problems with urination.
- ◆ **Prostate Cancer:** Abnormal cell growth can result in cancer. Men often have no symptoms of prostate cancer.

# Symptoms and Risks

## Symptoms:

Many men with prostate cancer often have no symptoms. If symptoms appear, they can include:

- ◆ blood in the urine
- ◆ the need to urinate frequently
- ◆ weak or interrupted urine flow
- ◆ pain or burning feeling while urinating
- ◆ the inability to urinate
- ◆ constant pain in the lower back, pelvis, or upper thighs



**\*\*If you have any of these symptoms, see your doctor as soon as possible.\*\***

## Common Risk Factors:

- ◆ **Age:** Being 50 years old or older
- ◆ **Race:** Being African-American
- ◆ **Family history:** If your father or brother has had prostate cancer
- ◆ **Diet:** Eating processed meats, such as bacon, ham, sausage, hot dogs and bologna may increase your risk for prostate cancer
- ◆ **Weight:** Being overweight may put you at greater risk for advanced prostate cancer



# Communicate

**Talk  
About  
Problems  
to People:**



**[ Caregiver ]**



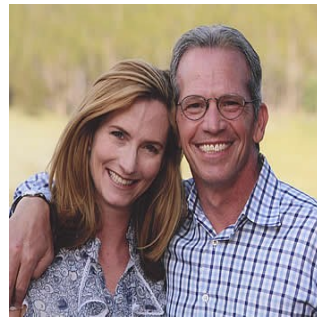
**[ Doctor ]**



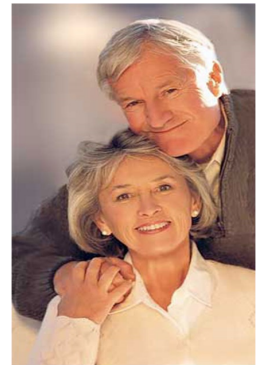
**[ Sister ]**



**[ Brother ]**



**[ Parents ]**



**[ Family ]**

**Your family, doctors, and caregivers are here to help you. If you are having problems, tell someone about them so that they can help.**

# Self Prostate Exam



*How can you perform a Self Prostate Exam?*

Self prostate exams are very simple to perform. The prostate is located inside the rectum and is a small walnut-sized gland that can be felt with the tip of your finger when inserted into the rectum.

- ◆ It is up to you where and when you perform your self prostate exam - however a popular choice is in the shower where you can use soap as a lubricant. It is recommended to wear a thin latex glove.
- ◆ If you insert your finger into your rectum, bend the finger tip towards your belly button and you should be able to feel a lump that is firm and textured.
- ◆ When feeling the prostate, if it feels firm or hard - such as the hardness of your knuckle - then this could signal that something is wrong.
- ◆ Speak to your physician if this is the case so that they can perform further testing on your prostate to either diagnose or eliminate cancer as the cause.

# Live Healthy

**Eat  
Healthy  
Foods**



**Drink  
Lots of  
Water**



# Stay Active



It is important to exercise for at least 3 times every week for 30 minutes.



And so is playing ball!

Lifting weights is a form of physical activity!



Biking is a way to stay active too!

# Be Healthy!

**Eat Healthy**  
**Visit Your Doctor**  
**Communicate**  
**Stay Active**



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