



Prostate Health Initiative

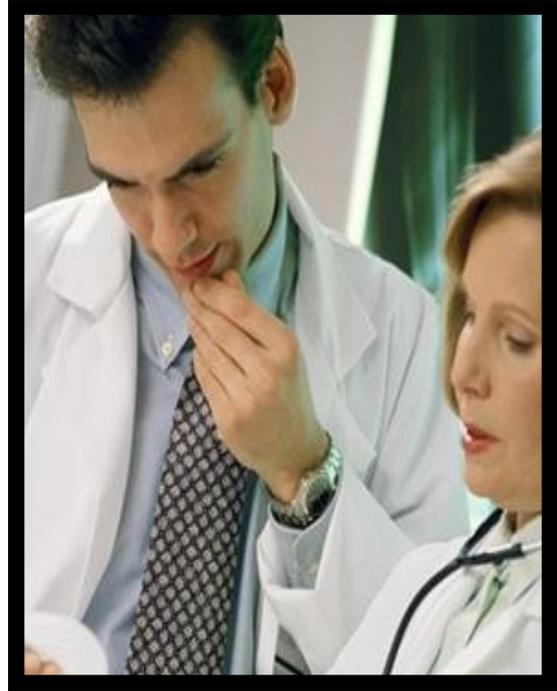
Are You Healthy?

“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

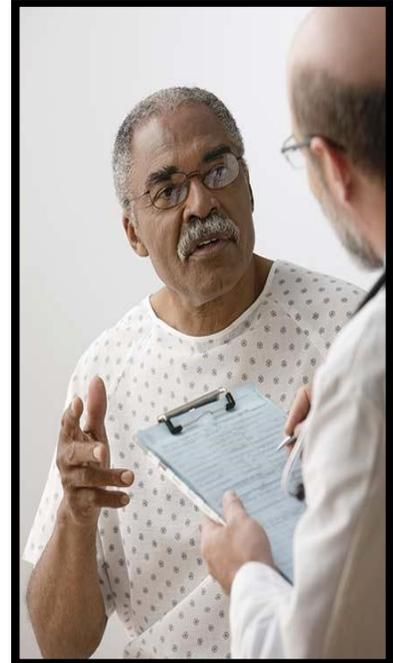
- ◆ **Prostatitis:** This is a swelling of the prostate caused by an infection. It can cause painful urination, lower back pain, body aches, fever or chills.
- ◆ **Benign Prostatic Hyperplasia (BPH):** This abnormal cell growth causes the prostate to become larger than normal. This is very common in 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]



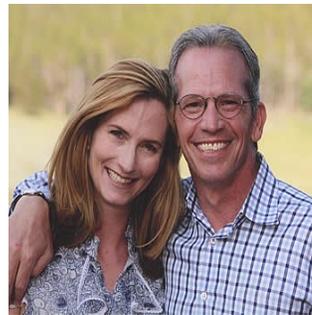
[Doctor]



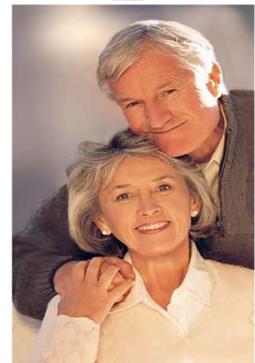
[Sister]



[Brother]



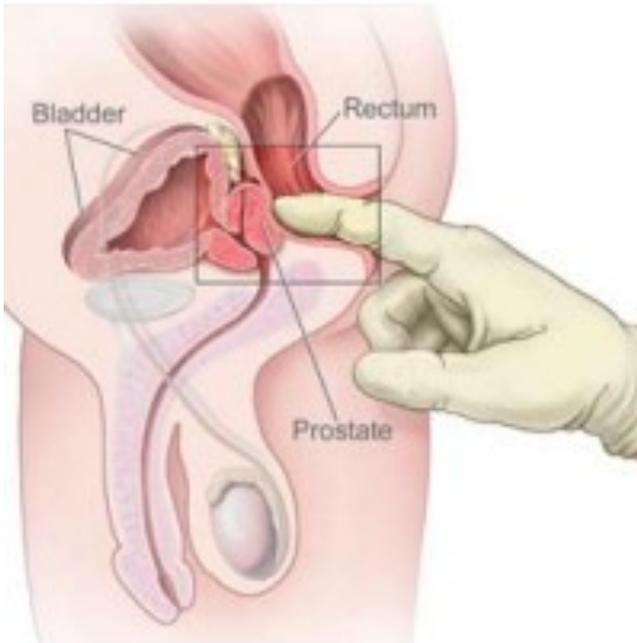
[Parents]



[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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