

American Cancer Society recommendations for prostate screening:

- Starting at age 50, men should talk to a doctor about prostate screening.
- If they are African American or have a father or brother who had prostate cancer before age 65, men should have this talk with a doctor starting at age 45.
- Screening includes a digital rectal exam to feel for prostate enlargement or irregularities.
- A Prostate Specific Antigen (PSA) test is also recommended as part of screening.
- How often they are tested will depend on their PSA level:
 - * PSA of less than 2.5 ng/ml, may only need to be retested every 2 years.
 - * Screening should be done yearly for men whose PSA level is 2.5 ng/ml or higher.

Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace your agency policies and procedures, or regulatory guidelines. If you believe you or someone you support has one of these conditions, please seek the advice of a physician.



A Core Program of



Funding provided by Philadelphia Department of Behavioral Health/Intellectual disAbility Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities and the Office of Developmental Programs, Pennsylvania Department of Public Welfare



Philadelphia Coordinated Health Care
a core program of PMHCC, Inc.

Empowerment through
education, support
and advocacy

PROSTATE HEALTH FOR MEN

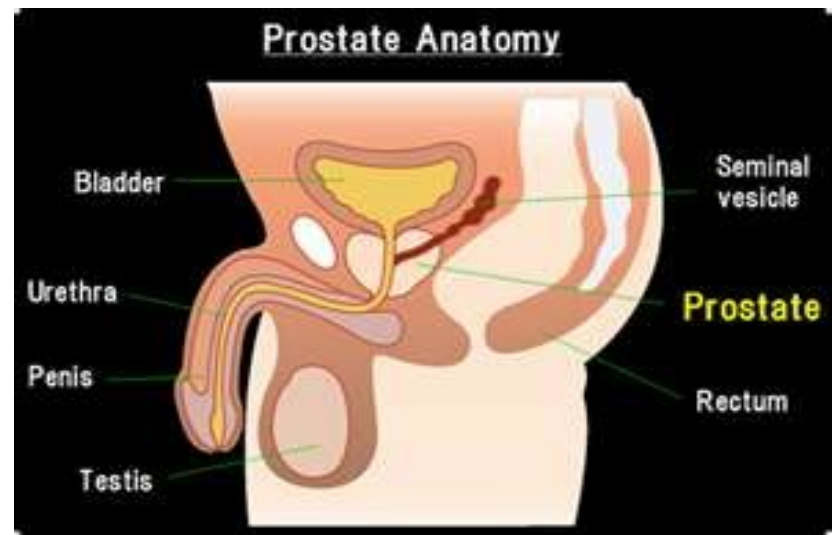
Great for :



Learn more at www.pchc.org

What is the Prostate?

- It's a small gland, about the size of a walnut.
- It is located just under the bladder and surrounds the urethra (the tube that takes urine from the bladder to the penis). (The urethra also carries semen during ejaculation.)
- The prostate gland grows quite a lot during puberty and then doesn't change much until about age 40, when it slowly begins growing again and, in many men, doesn't stop.
- Some men aren't bothered by their enlarging prostate. Others will develop one of three prostate disorders:
 - prostatitis
 - * enlarged prostate or Benign Prostatic Hyperplasia (BPH)
 - * prostate cancer



Prostatitis is an inflammation of the prostate that may be caused by an infection. It's the most common prostate problem for men under 50.

Benign Prostatic Hyperplasia is a non-cancerous disorder. It's the most common prostate problem for men over 50.

Prostate cancer is the most common cancer in men, with early detection it can be cured.

Signs and symptoms of prostate problems include:

- * Frequent, urgent need to urinate, especially at night
- * Need to strain or push to get the urine flowing
- * Inability to completely empty the bladder
 - * Dribbling or leaking after urination
 - * Weak urine stream
- * Chronic pain in the hips, thighs, or lower back
 - * Blood in the urine or semen