

HEALTHY IS UNDERSTANDING PROSTATE CANCER

THE PROSTATE



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is a gland about the size of a walnut. Its main job is to produce the seminal fluid that carries sperm from the body. It is prone to several conditions: **prostatitis**, **benign prostatic hyperplasia (BPH)**, and **prostate cancer**.

Prostatitis is the inflammation of the prostate that affects 9-16% of men of all ages. Symptoms include sudden painful urination, small stream, fever, and chills. Prostatitis should be treated urgently, so notify your primary care provider (PCP) of any of these symptoms.

Prostate cancer is the abnormal growth of prostate cells. For 2024, The American Cancer Society estimates 299,010 men will be diagnosed with prostate cancer and 35,250 will die from it. It often has no symptoms until it is in advanced stages. This is why it is vital to catch prostate cancer, or any cancer, in its early stages, which highlights the importance of all cancer screenings.

**MEN
OVER
50**

The most common prostate affliction is **benign prostatic hyperplasia (BPH)**. As men age, the prostate can enlarge to sometimes double or triple its original size.

RISK FACTORS OF BPH INCLUDE:



- Age
- Previous prostatitis
- Obesity
- Sedentary lifestyle
- High blood pressure
- Uncontrolled diabetes
- Diets high in sugar
- Red meat consumption
- High refined grain intake

PROSTATE CANCER

Low Grade

- Requires no immediate treatment
- Followed with observation, called active surveillance

Intermediate to High-Grade

- Can be treated with surgery or radiation therapy, or both
- Can also be treated with androgen deprivation therapy (ADT) medication, which blocks the production of testosterone, so the cancer cells can't use it to grow

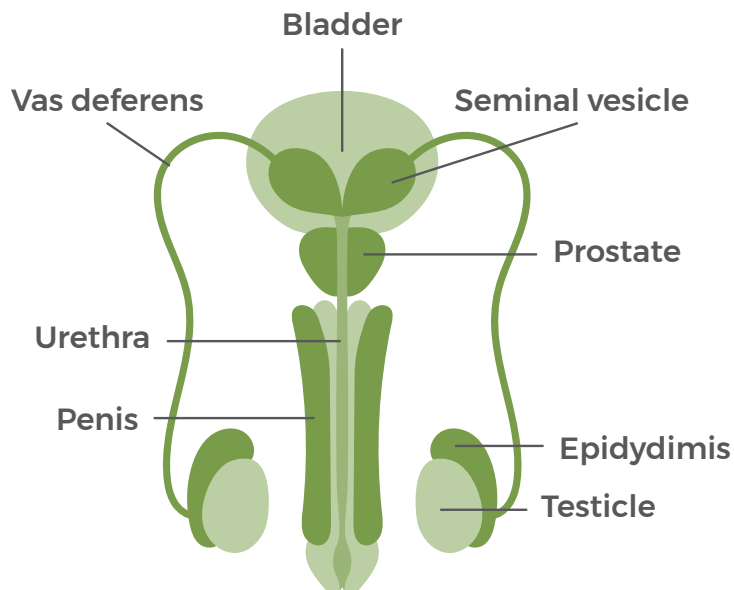
60%

African-American men have a greater risk for more aggressive forms of prostate cancer and prostate cancer in general

Risk factors for prostate cancer include age, race, and family history. Men with two or more first-degree relatives with prostate cancer have a

5-10x

higher risk of developing prostate cancer.



PROSTATE CANCER RISK FACTORS

- Obesity
- Infrequent ejaculation
- Diets high in red meat
- Diets high in saturated fats
- Unhealthy body mass
- Lack of physical activity



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SCREENING GUIDELINES

A man of average risk:
Age 50

A man of high risk (African American, or having a first-degree relative diagnosed with prostate cancer before age 65):
Age 45

A man of higher risk: (More than one first-degree relative diagnosed with prostate cancer before age 65):
Age 40

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