

September – Prostate Cancer Awareness Month

PROSTATE CANCER

STATISTICS

- Prostate cancer is the most frequently diagnosed cancer in Michigan and the United States.
- During 2006, 8,156 men in Michigan were newly diagnosed with prostate cancer.*
- In 2007, 946 men in Michigan died from prostate cancer.**
- There are more than 71,000 prostate cancer survivors in Michigan.
- Michigan ranks 35th in the nation in prostate cancer deaths with 16 states having lower rates.

*Michigan Department of Community Health Vital Records & Health Data Development Section, 1985-2006 Michigan Cancer Incidence File.

**Michigan Department of Community Health Vital Records & Health Data Development Section, 1985-2007 Michigan Resident Death Files.

SYMPTOMS

The following problems may be symptoms of prostate cancer or could be caused by infections, prostate enlargement, or other prostate conditions and should be evaluated by a physician:

- Difficulty starting to urinate
- Less force to the urine stream or dribbling after finishing urinating
- Frequent urination
- Blood or pus in the urine
- Pain or burning feeling while urinating
- Pain with ejaculation
- Hip or back pain that does not go away

RISK FACTORS*

- **Age.** The older a man is, the greater his risk for getting prostate cancer.
- **Family history.** A man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.
- **Race.** Prostate cancer is more common in some racial and ethnic groups than in others, but medical experts do not know why. Prostate cancer is more common among African American men than among white men. It is less common among Hispanic, Asian, Pacific Islander, and Native American men.

*Centers for Disease Control and Prevention (www.cdc.gov/cancer/prostate)

RESOURCES

American Cancer Society
www.cancer.org

Center for Prostate Disease Research
www.cpdr.org

Centers for Disease Control and Prevention
www.cdc.gov/cancer/prostate

Michigan Cancer Consortium
www.michigancancer.org

National Cancer Institute
www.cancer.gov/cancertopics/types/prostate

ZERO – The Project to End Prostate Cancer
www.zerocancer.org

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

September 2009

HOW IS PROSTATE CANCER DIFFERENT FROM OTHER CANCERS?

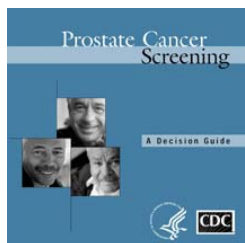
Prostate cancer can be aggressive, growing quickly, and spreading to other parts of the body, eventually causing death if not treated. Or it may be slow growing and stay in the prostate where it causes few if any problems and does not affect the individual's lifespan or quality of life. Sometimes it is obvious from test results that the cancer is aggressive; however, in many cases it is not clear.

Three out of four cases of prostate cancer are of the slow growing type that would never have caused problems. Therefore, each man must decide whether or not to get tested for prostate cancer, and if it is found, which treatment option to select based on the risks and benefits as informed by his values and preferences.

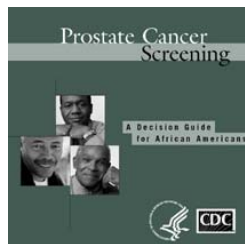
PROSTATE CANCER SCREENING GUIDES

The Centers for Disease Control and Prevention (CDC) has produced two guides to assist men in making the decision to get screened for prostate cancer.

- 1) Prostate Cancer Screening: A Decision Guide



- 2) Prostate Cancer Screening: A Decision Guide for African American



Both guides are available FREE of charge from the CDC at:

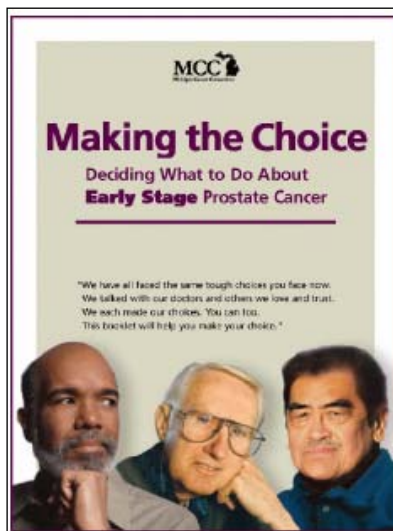
- <http://wwwn.cdc.gov/pubs/dcpc1.aspx#prostate>
- 800-CDC-INFO

PROSTATE CANCER TREATMENT DECISION AID

The Michigan Cancer Consortium's decision aid for the treatment of early stage prostate cancer, *Making the Choice: Deciding What to Do About Early Stage Prostate Cancer*, is available FREE of charge to Michigan residents in the following languages:

- English
- Spanish
- Arabic

To order the decision aid, please call 800-249-0314 or visit www.prostatecancerdecision.org.



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