If detected early, there are many treatment options available. These options may include:

- **Surgery** - Removal of entire prostate
- **Radiation Therapy** - High-energy x-rays to damage cancer cells
- **Radioactive Seeds** - Implanted into the prostate to kill cancer cells
- **Hormone therapy** - Injections to prevent prostate cancer cell growth

Discuss treatment options and side effects with your physician

The causes of prostate cancer are not fully known, but you can reduce your risk by-

**Leading a Healthy Lifestyle:**

- Eat a low fat diet with lots of fruits and vegetables
- Eat less red meat, especially high-fat or processed meats
- Exercise regularly each week

**Getting Regular Medical Checkups:**

- Early detection = better treatment outcomes
- Your physician may recommend a rectal exam or a PSA (prostate specific antigen) blood test

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Prostate cancer is the second most common cancer in American men.

In NJ, compared to other counties, Cape May County has the 2nd highest rate of prostate cancer.

There are often no symptoms in the early stages of prostate cancer. Sometimes early symptoms include:

- Need to urinate frequently
- Difficulty/inability starting urination
- Weak or interrupted flow of urine
- Painful/burning urination
- Painful ejaculation
- Pain or stiffness in the lower back, hips or upper thighs

All men can develop prostate cancer, however some men are at greater risk:

- Men 50 years and older
- African-American men 40 years and older
- Diet high in red meat and full-fat dairy products
- Physical inactivity
- Family history of prostate or maternal breast cancer
- Previous vasectomy

Quick Facts:

1 in 6 men will be diagnosed during his lifetime.

About 29,720 men will die of prostate cancer this year.

The estimated survival rate is 93% after early diagnosis.

Source: American Cancer Society, 2013