

PROSTATE CANCER

What is prostate cancer?

There are several types of cells in the prostate, but nearly all prostate cancers begin in the gland cells. In most cases, prostate cancer grows slowly.



AZ Fast Fact

Prostate cancer is the most commonly diagnosed type of cancer among men in Arizona.¹

Who has prostate cancer in Arizona?

4,006 new cases of prostate cancer made up nearly 1 in 3 of all new cancer cases in men in 2006.¹ African-Americans, Hispanics, and Asian-Americans are more likely to develop prostate cancer than other racial/ethnic groups.

What are the signs and symptoms of prostate cancer?

- Difficulty starting urinating
- Weak, or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that doesn't go away
- Painful ejaculation

- The five-year survival rate for prostate cancer detected at an early stage is 100%.²
- In 2009, 41% of men aged 40 years and over in Arizona had not had a Prostate-Specific Antigen (PSA) test, the test to detect prostate cancer, within the past two years.³

What are the risk factors for prostate cancer?

- Age: The older a man is, the greater his risk
- 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/Ethnicity: Prostate cancer is more common in some racial and ethnic groups than in others

What can I do about it?

Starting at 50 years old, men should talk to a doctor about the pros and cons of a yearly blood test, called a prostate-specific antigen (PSA) test. Testing may be the right choice, especially for men with high risk factors or symptoms. African-American men or men whose father or brother had prostate cancer before age 65, should talk with a doctor about a yearly PSA test beginning at 45 years old.

What is Arizona doing?

Arizona participates in programs funded through the Centers for Disease Control and Prevention to help prevent or control prostate cancer, including:

- *Arizona Cancer Control Program:* azcancercontrol.gov
This program, part of the Arizona Department of Health Bureau of Tobacco and Chronic Disease, works to help lower the number of people in Arizona getting cancer. It also works to allow people who do get cancer to get better treatment and have a better quality of life. The Arizona Cancer Control Program partners with organizations to coordinate and leverage comprehensive cancer control efforts made at federal, state and local levels.

Further information and resources

American Cancer Society
cancer.org

A comprehensive web-based resource for those affected by cancer, including patients, family, friends, survivors, caregivers, health information seekers, professionals, donors, and volunteers.

Arizona Cancer Coalition
azcancercontrol.gov

For more information on how to get involved locally in cancer prevention and control efforts, please contact the Arizona Cancer Coalition at the link above.

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

An online source for credible health information, including basic information about prostate cancer, prostate cancer screening, and prostate cancer research.

Arizona Health Matters
arizonahealthmatters.org

An interactive website that provides information about community health, including health indicators by county and zip code.



Arizona Department of Health Services
Bureau of Tobacco and Chronic Disease
www.tobaccoffreearizona.com