GIFT OF LIFE PROSTATE CANCER EDUCATIONAL AWARENESS PROGRAM & SCREENING INITIATIVE

- Provides prostate cancer screening, diagnostic evaluation and cancer treatment
- Conducts educational outreach programs that focus on important men's health issues and the benefits of early cancer detection throughout Southeast Texas

PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group, Men Against Cancer (MAC), provides an opportunity for men and their families to share information, camaraderie and support.

The Support Group meets on the SECOND TUESDAY of each month at 6:00 PM.

JULIE ROGERS "GIFT OF LIFE"

PROSTATE cancer AWARENESS PROGRAM

JULIE ROGERS "GIFT OF LIFE" PROSTATE CANCER PROGRAM

For additional information on how to register for a free prostate cancer screening call: 409.833.3663.

2390 Dowlen Road • Beaumont, TX 77706

JULIE ROGERS "GIFT OF LIFE" PROGRAM

409.833.3663 • giftoflifebmt.org

WHAT YOU SHOULD KNOW ABOUT PROSTATE CANCER

Prostate cancer begins in a man's prostate – a small walnut-shaped gland that is found below the bladder.

Prostate cancer is the second most common cancer (after skin care) and is the second leading cause of cancer death in American men. For men whose cancer is diagnosed early, statistics reflect that the five-year survival rate is nearly 100 percent.

RISK FACTORS

- **Age:** The chance of being diagnosed with prostate cancer increases with age. Prostate cancer occurs mainly in older men and nearly two thirds of men diagnosed are aged 65 or older, and it is rare before age 40.
- **Family history:** Your risk is higher if you have a family history of prostate cancer. Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.
- **Race:** African American men have the highest rate of prostate cancer of any ethnic group. Prostate cancer occurs less often in Asian American and Hispanic/Latino men than in non-Hispanic whites.

SYMPTOMS

Although some men have no early warning symptoms, the most common sign of prostate cancer include:

- Urinary Problems
- Difficulty having an erection
- Blood in the urine or semen
- Frequent pain in the lower back, hips, or upper thigh

HEALTHY LIFESTYLE CHOICES TO REDUCE CANCER RISK

- A healthy diet is one of the most important lifestyle factors that can influence cancer rate. Consume five or more servings of fruit and vegetables per day and limit intake of high-fat foods.
- Maintain a healthy weight
- Exercise regularly
- Do not smoke
- Limit consumption of alcoholic beverages

PROSTATE CANCER TESTS MIGHT INCLUDE:

- Prostate-specific antigen (PSA) test. A blood sample is analyzed for PSA, a substance that's naturally produced by your prostate gland. It's normal for a small amount of PSA to be in your bloodstream. However, if a higher than normal level is found, it may be an indication of prostate infection, inflammation, enlargement or cancer.
- Digital rectal exam (DRE). During a DRE, your doctor examines your prostate. If your doctor finds any abnormalities in the texture, shape or size of your gland, you may need more tests.

BE A MAN. GET CHECKED.

Prostate cancer that is detected early, when it is still confined to the prostate gland, has a better chance of successful treatment.

GIFT OF LIFE & BAPTIST HOSPITALS OF SOUTHEAST TEXAS FREE PROSTATE CANCER SCREENINGS

You are eligible for a screening if:

- You have limited income and are underinsured or uninsured
- You are at least 45 years of age (or age 40 if you are African American, or younger if you have a family history of prostate cancer)
- You live in Southeast Texas