

Prostate Cancer Facts



June is [Men's Health Month](#), a reminder for men and boys to seek regular medical care, appropriate screenings and vaccinations, and early treatment for disease and injury. Men are less likely to get annual medical exams and preventative services than women, and they also die almost five years earlier than women, at age 76 on average versus age 81.

Prostate cancer is one of the most [common cancers](#) and the second leading cause of cancer deaths in American men. While the disease is rare in men under age 50, the risk for prostate cancer increases as men age. Approximately one in nine men will be diagnosed with prostate cancer at some point during their lifetime.

Risk Factors

Risk factors for many cancers include smoking, being overweight, poor diet, and not getting enough exercise. While the causes of prostate cancer are unknown, risk factors may include the following:

- Age
- Family history of prostate cancer
- Race: African-American men have a higher rate of prostate cancer than white men.
- A diet high in dairy foods and calcium

Certain vitamins and hormones may also play a role in the development of prostate cancer.

Screening and Treatment

While there is no [standard screening test](#) for prostate cancer, two tests often used are the digital rectal exam (DRE) and prostate-specific antigen (PSA) blood test. PSA levels may be high in men with prostate cancer but can also be caused by other prostate problems. Screening for prostate cancer does have risks, such as inaccurate results, complications from follow-up tests, and possible over-treatment. Finding and treating prostate cancer may not improve a man's health or increase lifespan. For these reasons, men should discuss with their doctors their risk for prostate cancer and the pros and cons of screening tests.



After prostate cancer is diagnosed, tests are done to determine the staging of the disease. Depending on the man's age, health status, past cancer treatment, and expected side effects, treatment may involve watchful waiting, surgery, radiation treatment, hormone therapy, chemotherapy, or new treatments being tested in clinical trials.

If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact

InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.

