



To Learn More

For additional information about prostate cancer, visit

www.cancer.org/cancer/prostate-cancer/about/key-statistics.html

www.cdc.gov/cancer/prostate/statistics/

Prostate Cancer: Are You At Risk?

Over 161,000 men develop prostate cancer each year. It is the most common malignant cancer (excluding skin) in North American men.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

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This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.

FYH-121 (1702)



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*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

Prostate cancer develops within the prostate gland, a small walnut-shaped gland surrounding the beginning of the urinary canal.

Unfortunately, there are no early symptoms except possible urinary problems as the cancer spreads. Later-stage symptoms include:

- Frequent urination, especially at night
- Weak urinary stream
- Inability to urinate
- Interruption of urinary stream (stopping and starting)
- Pain or burning during urination
- Blood in the urine

Advanced symptoms include:

- Sudden, constant pain in one or more bones lasting at least two weeks
- Chronic pain in the spine, pelvis, lower back, hips or upper legs
- Significant weight loss

Effective treatments include:

- Surgery to remove the prostate
- Radiation
- Medication to slow cancer cell growth
- Chemotherapy

Regular medical exams are essential in the early detection of prostate cancer.



Most prostate cancers grow slowly and are manageable, even curable, if detected early. All men over the age of 50 should talk to their doctor about prostate health.

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