



WARNING SIGNS

Of Prostate Cancer

- **A decreased, weak stream of urine**
- **Feeling like your bladder never empties**
- **Dribbling, before and after urination**
- **Rarely, pain during orgasm, or blood in the urine**

A Simple blood test can determine your status...



**Springfield
Urban League, Inc.**

Health Initiatives

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The Springfield Urban League, Inc.

Health Initiatives Program

provides a variety of Healthcare services to the communities of Illinois.

www.springfieldul.org

Additional Services

- HIV/AIDS Testing & Counseling
- Glucose Monitoring
- PSA-Testing for Prostate Cancer
- Cholesterol Checks
- Blood Pressure Checks
- Bone Density Testing

This program is funded by:



*Because
your family
is worth it...*

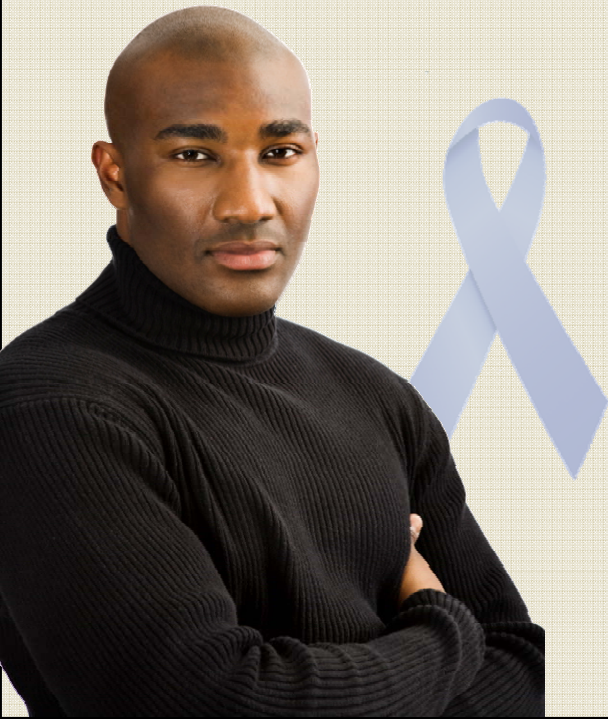
*Stand Against
Prostate Cancer*



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Decrease Your Risk

- Get **screened** for prostate cancer.
- Regular **sexual activity**, which includes ejaculation, is good for prostate health and reduces cancer risk
- A daily dose of lycopene seems to dramatically reduce prostate cancer risk. Lycopene can be found in **tomatoes**.
- An **aspirin** a day is known to be good for the heart and prostate.
- **Vitamin D** and regular exposure to **sunlight** are known to reduce the risk of prostate cancer as well.



Prostate Cancer is the **most common** non-skin cancer in America.

In 2008, the Prostate Cancer Foundation estimates that more than **186,000 men will be diagnosed** with cancer and 28,000 will die from the disease.

As minorities, **African American men** are 56% more likely to develop prostate cancer compared with Caucasian men and nearly 2.5 times as likely to die from the disease.

Some prostate cancer victims **never experience any symptoms** or problems with the disease. Prostate cancer can be slow growing, especially in men 65 years of age and older.

More advanced prostate cancer can **metastasize** to other parts of the body, especially bones. The most common **bones** where prostate cancer can spread are in the lower back, hips, or pelvis. This often causes the affected bones to become tender and painful.

When should I be tested for Prostate Cancer?

A simple blood test known as a **PSA** (prostate-specific antigen) and a **DRE** (digital rectal exam) should be performed **annually at 40-50 years of age**. For minorities and those with a positive family history of prostate cancer, the tests should be performed annually at 40 years of age.

Why should both tests be done?

When the tests are run separately, the chance exists that prostate cancer may remain undiagnosed.

Completion of both tests increases the likelihood of early detection leading to more successful treatment rates.

