

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **Prostate Health**

September is recognized as **Prostate Health Month** and also **Prostate Cancer Awareness Month**.¹ Early detection is the key

to successful treatment. Sharing this information during this period will help save an untold number of men's lives by encouraging them to have discussions with their healthcare provider about prostate cancer and early detection.

No one knows if or when the disease will develop, but understanding the risk factors for prostate cancer may help take preventative measures to reduce the likelihood of getting the disease. Screenings may help detect a problem early before symptoms occur.

Some **common risk factors**² for prostate cancer include: Race, Age, Family History, Diet, High Testosterone Levels. Other conditions that may increase risk are Prostatic Intraepithelial Neoplasia (PIN) -- prostate gland cells look abnormal under a microscope and is not necessarily connected with any symptoms; and Genome changes in genes like BRCA1 and BRCA2.



Did you know?



- From 2012-2016, Hispanic men were 10 percent less likely to be diagnosed with prostate cancer than non-Hispanic white men.³

- The risk of developing prostate cancer increases with age. While only one in 10,000 men under age 40 will be diagnosed with prostate cancer, one in 15 men in their 60s will be diagnosed with the disease.²
- Studies show that African American men are approximately 70 percent more likely to develop prostate cancer in their lifetime than Caucasian or Hispanic men.²
- The 5-year survival rate for most men with local or regional prostate cancer is nearly 100%!⁴
- In the USA, over 191,900 men are diagnosed with prostate cancer each year.⁴



Watch for Early Warning Signs!⁵

It is always better to diagnose your problems early for the better treatment of Prostate Cancer. If you experience some of these early warning signs, see your doctor without delay to discuss your treatment options:

- Difficulty in urination process
- Pain during urination
- Blood seen in the urine
- Leakage or low flow of urine

- Erectile problems

It's a good idea to call your doctor if you experience symptoms of prostate cancer, even if they're mild.⁶ Recent statistics show that more men are choosing to stay out of treatment and monitor the slow progress of the disease rather than immediately choosing a treatment. Damage from Prostate Cancer could be controlled by choosing the right treatment at the right time.



Learn More!

1. Prostate Health Guide; <http://www.prostatehealthguide.com/awareness/prostate-cancer-awareness-month/>
2. Cancer Treatment Centers of America; Risk Factors for Prostate Cancer; <https://bit.ly/3bkbFE6>
3. Cancer.Net; <https://www.cancer.net/cancer-types/prostate-cancer/statistics>
4. Healthline.com; When to See a Doctor; <https://www.healthline.com/health/prostate-cancer-symptoms#:~:text=It's%20a%20good%20idea%20to,experience%20any%20prostate%20cancer%20symptoms.>
5. U.S. Office for Minority Health; <https://minorityhealth.hhs.gov/omh/browse.aspx?vl=4&lvlid=61>
6. Medium.com; 5 early Warning Signs; <https://medium.com/@thevivanmichaels/prostate-cancer-5-early-warning-signs-men-shouldnt-ignore-8a1de8923e20>



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