Native American Cancer Research Corporation Prostate Health Fact Sheet

What is the prostate gland?
- The prostate is inside the male’s body (women do not have a prostate gland)
- It is below your bladder in front of the rectum
- Think about hunting and cleaning the deer carcass …
  - The “guts” between the legs includes the prostate gland
  - Hard to find because it is small and embedded in the tissues
  - All male four-legged and two-legged have a prostate gland
  - We are all related
- Sex gland in men
- It makes part of the semen / fluid that allows the sperm to swim / move
- If the prostate gland can’t make its fluid, the sperm cannot get a woman pregnant
- The prostate gland is about the size of a walnut, including its shell

Symptoms of Prostate Problems
- Trouble urinating
- Decreased force in the urine stream
- Frequent desire to urinate / pee (but sometimes with little success)
  - Night-time sensation is more common
- Blood in your urine
- Blood in your semen
- Swelling in your legs (most of the Native men had an explanation for why their legs were swollen other than a potentially serious health problem)
- Discomfort in the pelvic area (some Native men thought they had a minor hernia)
- Bone pain (this is very painful and most Native men refused to discuss such pain)

- Is your prostate healthy?
- Research shows Northern & Southern Plains Native men have 15+ times more prostate cancer than do Natives from other regions. Identifying prostate problems early helps.
- You can talk with your provider about your prostate health risks
- Now you know. Now you can.

Walter Woods
Cheyenne River Sioux
Dx 1994 prostate cancer;
Passed 11/2004

Walter: Native men over 50 need to be screened

Native Men Talking about Prostate Symptoms
- “I need to pass water all night long”
- “I need to pass water all the time!”
- “I have to force myself to pee”
- “I can’t start my stream”
- “I have a dribbling ‘stream’”
- “My water doesn’t work”
- “I can’t pass water/pee”
- “I used to be able to write my whole name in the snow – even dotted the ‘i’. But I can’t even write my first name in snow banks anymore”
- “I’m passing blood down there”
- “It burns when I pass water”

Most prostate problems are NOT cancer. Please talk with your healthcare provider.

http: Mayoclinic.com; http: cancer.gov

Excerpts from NACR’s “Get on the Path to Prostate Health”; This Fact Sheet is dedicated to Walter Woods
What is prostate cancer?

- Cancer cells form in the prostate gland
- The prostate gland is part of the male reproductive system (part of semen)
- It is located below the bladder, in front of the rectum
- It surrounds the urethra (tube that empties urine from the bladder)

Prostate Cancer & Native Men Facts

- Prostate cancer has no prejudices: Native men do get prostate cancer
- Much more common among Northern and Southern Plains’ Natives
- Most men over 80 years have prostate cancer cells (may be normal part of aging)
- But most older men do not die because of prostate cancer
- The cancer may just “exist” and cause the man few problems
- For those who do have problems, treatment choices are available.

Talk with your healthcare provider
What are Prostate Health Screening Tests?

学科“Prostate Specific Antigen” = PSA
学科Blood test
学科Recommended as part of annual checkups
学科For men over 50 years old
学科For younger men who are at high risk for the disease
学科Healthy men have <4.0 ng/mL in their blood

学科Digital Rectal Exam (DRE) Physical exam by the provider
学科Provider feels the prostate with a finger through the wall of the rectum to try to find
学科Unusual lumps
学科Uneven surfaces
学科New tests are being developed!

Prostate Health Screening
学科If you have an abnormal test, you need to follow-up with your healthcare provider within 1-2 weeks
学科During that time, you may want to discuss the abnormal test findings with other doctors, your family, your traditional Indian healer or spiritual leader
学科Cancer symptoms may “come” and “go”. They may be due to an infection
学科They may become worse as prostate cancer grows.
学科For most men 50 years old who are at “average” or “normal” risk for cancer, and have an abnormal test finding, RARELY has it spread to other parts of the body.
学科Cancer spreads slowly

<table>
<thead>
<tr>
<th>PSA Level</th>
<th>Probability of Cancer</th>
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<tbody>
<tr>
<td>0-2 ng/mL</td>
<td>1%</td>
</tr>
<tr>
<td>2-4 ng/mL</td>
<td>15%</td>
</tr>
<tr>
<td>4-10 ng/mL</td>
<td>25%</td>
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<tr>
<td>&gt;10 ng/mL</td>
<td>&gt;50%</td>
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</tbody>
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An enlarged prostate is common in men as they age. Older men still need to get checked by a provider.

Excerpt from Abe’s Story

I noticed that I had been having problems urinating, and it was getting worse and worse.

So I went on to the [ceremonial] dances in Chicago, when I got back I went to my doctor... and he took me to this hospital... And said ... my prostate gland was enlarged and we should go check it out, and do a ... biopsy

They did this, and it come back benign and I was really happy about that. [Later the provider] said "We should go in and do some a surgery on this prostate gland." He came in and he said "You know after we got all that tissue out of there, it was cancerous". That was the first time that it really hit me. It kind of put fear into me. I knew then that I should have gone earlier.
What are protective behaviors to reduce the risk of prostate cancer?

- Low-fat, high fruits and vegetable diets
- Daily physical activity
- Maintain recommended body weight
- Follow prostate health screening guidelines
  - Men 50 years old and older need to be screened even if they have NO SYMPTOMS
  - Men who have family history or symptoms should begin screening at a younger age

The “shield” of health protecting against prostate cancer may include daily physical activity, healthy, low fat, diet limited or no alcohol, and so on

Risks that “damage” the shield of health include:

1. Male
2. Age: Men over 50 (risk increases as you get older)
3. Family history (“1st degree relative”: brother, father, son)
4. Race
   a. African Americans have 2 times the incidence as white men
   b. Northern or Southern Plains higher incidence than other tribal Nations
5. Diet (high-fat, especially animal fats)
6. Alcohol (>14 drinks a week)
7. Hormones (high testosterone)
8. Chemical exposure (Cadmium exposure; rubber industry)
9. Abuse / habitual use of tobacco (possible)
10. Multiple sexual partners (STDs)

What “causes” prostate cancer?

- “Cause” means there is a direct link between the behavior or “factor” eventually resulting in cancer (like habitual use of manufactured tobacco causing lung problems)
- The “cause” is unknown
- “Risk Factor(s)” usually refers to behaviors / exposures to something that increases your chances of getting cancer (see the shield of health / risks)

What does the shield below tell you about this man’s cancer risks?

The shield of health / risks

The holes mean the man has risks for prostate cancer

For more information, contact
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