

South Central's Health on Blast

Prostate and Ovarian Cancer Awareness

- Prostate cancer is the 2nd leading cancer killer of men. Approx 30,000 men die every year of prostate cancer - a disease that, when found during its early silent stages can be effectively managed in almost all cases.
- Prostate cancer is less common in people who do not eat meat

People who are at higher risk include:

African-American men, who are also likely to develop cancer at every age

Men who are older than 60

Men who have a father or brother with prostate cancer

Symptoms usually at a late stage.

Delay of urinary stream, Dribbling or leakage of urine,

Straining when urinating, or not being able to empty out all of the urine,

Blood in the urine

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- Ovarian cancer is cancer that starts in the ovaries .
- In women age 35-74, ovarian cancer is the fifth leading cause of cancer-related deaths.
- Women with a personal history of breast cancer or a family history of breast or ovarian cancer have an increased risk for ovarian cancer.
- Ovarian cancer is detected through physical/pelvic examinations, blood tests, and personal awareness of knowing your body- listen to your body and report abnormal changes. The sooner ovarian cancer is found and treated, the better a woman's chance for recovery. Early stage symptoms are not silent - so women should be extra alert and watch out for early symptoms.

Potential symptoms of ovarian cancer include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

Ovarian cancer is diagnosed in 20,000 American women each year and the disease, complications of the disease and treatment kill about 14,000