

A publication of the
Pinellas County Health Department

Screening is critical to early detection
Prostate Cancer Awareness Month



Prostate cancer is the most commonly diagnosed non-skin cancer in American men.

It is the second greatest cause of cancer death for men, second only to lung cancer. In 2005, approximately 232,000 men will be diagnosed with prostate cancer, and about 30,350 will die as a result of the disease. While one in six men will get prostate cancer, **if caught early about 99.3% survive.**

The prostate is a gland in the male reproductive system. It creates fluid for semen and helps control the flow of urine. It is surrounded by other glands, nerves and organs involved in sexual function, and is wrapped around the urethra. Its location makes it difficult to treat.

Many men with prostate cancer often have no symptoms. If symptoms appear, they can include: blood in the urine; the need to urinate frequently, especially at night; weak or interrupted urine flow; pain or burning while urinating; the inability to urinate; constant pain in the lower back, pelvis, or upper thighs. If you have any of these symptoms, see your doctor as soon as possible. Keep in mind that these symptoms can also be caused by other prostate problems that are not cancer, such as an infection or an enlarged prostate.

Risk factors

Risk of prostate cancer increases with age. Prostate cancer is rare for men under the age of 40, and most cases occur in men over the age of 65.

African American men have a 60 percent higher risk of getting prostate cancer than white men, and two times the risk of dying from it.



Veterans of Asian Theaters (Vietnam and Korea) may be at increased risk.

Men with a **father or brother** who has had prostate cancer are at greater risk for developing it themselves.

Obese men – those with a body mass index of more than 32.5 - are 33 percent more likely to die from prostate cancer if it is diagnosed.

Two tests for screening



Two tests are commonly used to find prostate cancer; a **blood test**, the Prostate Specific Antigen (PSA) test and a **physical exam**, the Digital Rectal Exam (DRE). They are usually done by your regular doctor. As a guide, men should get a PSA test at age 40 and 45, and start yearly testing at 50.

Men with one or more high risk factors should start yearly testing at 45 or earlier. *Your doctor knows what's best for you.*

Changing your diet can lower your risk. A low fat diet with lots of fruits and vegetables is a good start. Studies show a connection between consumption of saturated fat and red meat, and increased rates of prostate cancer diagnosis and mortality.

Prostate cancer is a tough opponent, but you can win by taking action now. Don't wait for prostate cancer to find you. Talk to your doctor or healthcare provider about your risk factors and about screening for prostate cancer.



For more information, visit
www.pcacoalition.org or
www.cancer.org

Our Vision

***Healthier
People in a
Healthier
Environment***

Pinellas County Health Department

Feel better by learning all you can

Menopause Awareness Month



Menopause is a normal change in a woman's life when her period stops. That's why some people call menopause "**the change of life.**"

During menopause, a woman's body slowly makes less of the hormones progesterone and estrogen. This often happens between the ages of 45 and 55

years old. As you near menopause, you may have symptoms from the changes your body is making. Many women wonder if these changes are normal, and many are confused about how to treat their symptoms. You can feel better by learning all you can about menopause, and talking with your doctor or health care provider about your health and your symptoms.

Symptoms of Menopause

Every woman's period will stop at menopause. Some women may not have any other symptoms. But **as you near menopause, you may have these symptoms:**

- **Changes in your period.** The time between periods from month to month may be different.
- **Abnormal bleeding or "spotting."** This is common near menopause. But if your periods have stopped for 12 months in a row, and you still have spotting, talk to your doctor to rule out serious causes, like cancer.
- **Hot flashes** -You get warm in the face, neck and chest.
- **Night sweats and sleeping problems.**
- **Vaginal changes.** The vagina may become dry and thin, and sex and vaginal exams may be painful.
- **Thinning of your bones.** This may lead to loss of height and bone breaks (osteoporosis).
- **Mood changes.** May include depression and irritability.
- **Urinary problems.** You may have leaking, burning or pain when urinating.
- **Problems with memory** or concentration.
- **Less interest in sex** or changes in sexual response.
- **Weight gain** or increase in body fat around your waist.
- **Hair thinning** or loss.

Symptom Relief

Here are some ways to relieve symptoms caused by menopause.

- **Hot Flashes.** Hot weather, hot or spicy foods, alcohol, or caffeine, and stress can bring on hot flashes. Try to avoid these triggers. Regular exercise might also bring relief from hot flashes and other symptoms.

- **Problems Sleeping.** One of the best ways to get a good night's sleep is to get at least 30 minutes of physical activity most days of the week. Avoid exercise close to bedtime. Also avoid alcohol, caffeine, large meals, and working right before bedtime. You might want to drink something warm, such as herb tea or warm milk, before bedtime. Keep your bedroom a comfortable temperature.



- **Memory problems.** Ask your doctor about mental exercises you can do to improve your memory. Try to get enough sleep and be physically active.



- **Mood swings.** Again, try to get enough sleep and be as physically active as possible. Ask your doctor about relaxation exercises you can do. Think about going to a support group for women who are going

through the same thing as you, or getting counseling to talk through your problems and fears.

Stay Healthy As You Age

Take steps to stay healthy during this time in your life:

- **Be active.** Try to get at least 30 minutes of physical activity on most days of the week. Try weight-bearing exercises, like walking, running, or dancing.

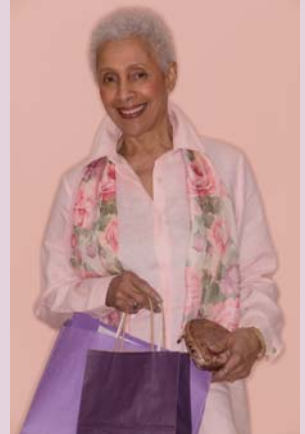
- **If you smoke, quit.** Visit www.Pinellaswellness.com for information on quitting smoking.

- **Eat healthy foods.** Eat a variety of fruits and dark green veggies, such as broccoli, kale, and other dark leafy greens; eat calcium-rich foods, whole-grain cereals, breads, crackers, rice, or pasta; choose lean meats and poultry; and limit saturated fats and salt.

- **Limit alcohol.** If you drink alcohol, limit to no more than one drink each day.

- **Ask your doctor what tests you need.** Have your blood pressure, cholesterol, and blood sugar checked.

- **Talk to your doctor about bone health.** Ask your doctor if you're getting enough calcium and vitamin D to keep your bones strong. Before menopause, you need about 1,000 mg of calcium per day. After menopause, you need 1,500 mg per day.



For more information, visit
www.4women.gov/menopause/



Pinellas County Health Department
205 Dr. Martin Luther King Jr. St. N.
St. Petersburg, FL 33701
(727) 824-6900

www.PinellasHealth.com

PinCHD52Info@doh.state.fl.us