

# Prostate Cancer

## STATISTICS:

- Prostate cancer has been the most frequently diagnosed cancer (other than skin cancers) in Michigan men since 1991.
- During the past decade, an average of 72 men were newly diagnosed with prostate cancer each year in Livingston County. The majority of prostate cancer cases occur in men over the age of 65.

## Cancer Prevention and Control Month

### RESOURCES:

**Livingston County Department of Public Health**  
[www.lchd.org](http://www.lchd.org)

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)

**American Foundation for Urologic Disease**  
[www.afud.org](http://www.afud.org)

**Center for Prostate Disease Research**  
[www.cpdr.org](http://www.cpdr.org)

**Centers for Disease Control and Prevention**  
[www.cdc.gov/cancer/prostate](http://www.cdc.gov/cancer/prostate)

**Michigan Cancer Consortium**  
[www.michigancancer.org](http://www.michigancancer.org)

**National Cancer Institute**  
[www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate)

**National Prostate Cancer Coalition**  
[www.pcacoalition.org](http://www.pcacoalition.org)



## WHAT YOU SHOULD KNOW:

Prostate cancer can be aggressive, growing quickly, and spreading to other parts of the body, eventually causing death if not treated. Or it may be slow-growing and stay in the prostate where it causes few if any problems and does not affect the individual's lifespan or quality of life. Sometimes it is obvious from test results that the cancer is aggressive; however, in many cases it is not clear.

Three out of four cases of prostate cancer are of the slow-growing type that would never have caused problems. Therefore, each man must decide whether or not to get tested for prostate cancer, and if it is found, which treatment option to select based on the risks and benefits as informed by his values and preferences.

The following are risk factors for prostate cancer:

- **Age:** Prostate cancer is found most often in men older than age 50; 64% of Michigan men diagnosed with prostate cancer in 2001 and 94% of deaths from prostate cancer in 2002 were in men 65 years of age or older.
- **African Ancestry:** Black men are affected disproportionately by prostate cancer. The diagnosis of prostate cancer among black men in Michigan is 1.5 times that of white men, and the death rate is two times greater in black men than in white men.
- **Family history of prostate cancer** on either maternal or paternal side increases the likelihood of getting prostate cancer.
- **Diet:** High fat diets may increase the risk of prostate cancer.

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## RESOURCES AVAILABLE:

### Screening Guides:

The Centers for Disease Control and Prevention has produced two guides to assist men in making the decision to get screened for prostate cancer:

- 1) Prostate Cancer Screening: A Decision Guide
- 2) Prostate Cancer Screening: A Decision Guide for African American

Both are available at no cost through the Michigan Department of Community Health's clearinghouse at [www.hpclearinghouse.org](http://www.hpclearinghouse.org) or through the CDC at [www.cdc.gov/cancer/publica.htm#printed](http://www.cdc.gov/cancer/publica.htm#printed).

### Treatment Decision Aids

The Michigan Cancer Consortium's decision aid for the treatment of early stage prostate cancer, *Making the Choice: Deciding What to Do About Early Stage Prostate Cancer*, is available in booklet, audio, and web-based formats and is free of charge to Michigan residents. To order the decision aid in English, Spanish, or Arabic, please call 800-249-0314 or visit [www.prostatecancerdecision.org](http://www.prostatecancerdecision.org).

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