

## **News Release---**

### **June is Prostate Cancer Awareness Month**

Prostate cancer is the most common type of cancer diagnosed in men and the second leading cause of cancer death in Kansas. June is Prostate Cancer Awareness Month and men should become aware of the risks and become informed on the effectiveness of screening.

More than 1,164 cases of prostate cancer were diagnosed in men in Kansas in 2005 and 254 deaths were attributed to the disease. The prostate is a small gland located just below the bladder in men.

“Prostate cancer is a concern in the state and as a public health agency we face significant challenges in addressing the effectiveness of screening for the disease,” said Roderick Bremby, Secretary of the Kansas Department of Health and Environment.

“However, we attempt to provide men with the most current information about the benefits and risks of prostate cancer screening so that they can discuss issues with their health care provider and make informed choices.”

Prostate cancer is the third leading cancer killer of men in the United States. Nearly 219,000 new cases will be diagnosed in 2007 and more than 27,000 men will die from prostate cancer. In order to understand your risks here is what you need to know:

- Two out of three prostate cancers are found in men over the age of 65.
- For those with a family history of the disease, such as a father or brother diagnosed with prostate cancer, screening should begin earlier.
- Prostate cancer doesn't always cause symptoms.
- The disease is more common among African-American men and occurs less frequently in Asians than in Whites.
- Men who eat a diet high in red meat or high-fat dairy products have a greater chance of getting prostate cancer.

- Eating a healthy diet of fruits, vegetables and grains may help lower the risk of prostate cancer as well as regular exercise.

Screening tests for prostate cancer include a digital rectal exam to check the prostate for lumps and/or a prostate-specific antigen (PSA) blood test. This test can detect early-stage prostate cancer but there is inconclusive evidence that it improves health outcomes for men.

KDHE is promoting Prostate Cancer Awareness month through a number of public information activities, including newsletter articles and a news release sent to all Kansas newspapers, radio and TV stations.