

# MEN'S HEALTH

## Know Your Risk For Prostate Cancer

(NAPSA)—One of the most prevalent cancers in men is also among the most treatable. It's prostate cancer, and doctors say that when discovered early, the condition is potentially curable. Still, the cancer affects more than 2 million American men, with nearly 28,700 expected to die from it this year.

Indeed, one in six men has a lifetime risk of developing prostate cancer, making a man 33 percent more likely to develop the condition than a woman is likely to develop breast cancer.

So how do you know if you are at risk for prostate cancer? Dr. E. David Crawford, chair of the Prostate Cancer Education Council (PCEC), says early detection is key and that men need to be screened by a physician starting at age 40.

"In our screening experience, nearly all new prostate cancer cases have been discovered when they are still localized and potentially curable," he explains. Dr. Crawford offers these tips:

### Know Your Risks

We know that several risk factors for prostate cancer include age, ethnicity and family history. Additionally, diet also seems to play a role. Studies show that diets high in fatty foods can increase the risk of developing prostate cancer, while a diet high in omega-3 fatty acids and antioxidants (often found in vegetables and fruits) can help lower the risk.

### Get Tested

Currently, the only way to detect prostate cancer is through a digital rectal exam or by mea-



**Regular screening could help protect men from a serious cancer.**

asuring the amount of prostate-specific antigen (or PSA) in your blood. But Dr. Crawford says to be certain to keep a list of your blood test results. "Noticing a slight change in the PSA levels over time may help your doctor recognize the development of prostate cancer," he says.

### Learn More

You can learn more about prostate cancer by visiting [www.prostateconditions.org](http://www.prostateconditions.org) or by attending an event during PCEC's Prostate Cancer Awareness Week, held each September. Initiated in 1989, the PCEC organizes hundreds of free or low-cost screening sites for more than 125,000 men across the country.

Of course, it's important to speak with your doctor about prostate cancer as well.

"Current research indicates that there may be medications that aid in the prevention of prostate cancer," says Dr. Crawford. "Men need to speak to their doctors for more information."

To learn more, visit the Web site [www.prostateconditions.org](http://www.prostateconditions.org).