

### DID YOU KNOW?

- Prostate cancer is the most common cancer in men.
- If prostate cancer is detected early, when it is still confined to the prostate; there's a better chance of successful treatment.
- Majority of men with low grade prostate cancer, can live for many years without any symptoms.
- Prostate cancer and its treatment can cause urinary incontinence, erectile dysfunction and bowel problems.
- Studies have shown men who exercise have lower PSA levels than men who don't.
- Men should get tested for prostate cancer from age 40, depending on the level of their risk. Thereafter, the prostate exam should be done every 4 years.

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# NEWSLETTER

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## PROSTATE CANCER

### WHAT YOU SHOULD KNOW

The prostate is a small gland located below the bladder and in front of the rectum. The prostate produces some of the fluid in semen and also has some function in urine control.

Prostate cancer occurs when there is an abnormal growth of cells in the prostate. These abnormal cells can multiply and spread to other parts of the body.

### SYMPTOMS

There are usually no symptoms in the early stages of the disease, but when symptoms do appear they usually involve one or more of the following:

- ❖ Trouble urinating
- ❖ Decreased force in the stream of urine
- ❖ Blood in urine or semen
- ❖ Pain when urinating
- ❖ Erectile dysfunction
- ❖ Bone pain especially in the pelvis, ribs, femur and spine.

### RISK FACTORS

Factors that can increase the risk of prostate cancer include:

- ❖ Age: the risk of getting prostate cancer increases with age.
- ❖ Family History: the risk of prostate cancer increases if an immediate family member is diagnosed with the disease. This risk increases if the diagnosis occurred when the individual was young.
- ❖ Race: black men have a higher risk of getting prostate cancer and the disease progression is usually more aggressive and advanced.
- ❖ Obesity: Studies have shown that obese men diagnosed with prostate cancer may be more likely to have an advanced stage of the disease, making it more difficult to treat.

### WHAT CAN YOU DO

Eat a balanced diet, exercise regularly and most importantly get tested.

