

Getting Help

Where can I get help? Gift of Life's mission is to help save the lives of underserved Southeast Texas women and men through the provision of free cancer screenings, diagnostics, and navigation through treatment, integrated with preventative education and awareness for all.

Contact Information:

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Hours of Operation

Mondays – Fridays
8:00 AM – 5:00 PM

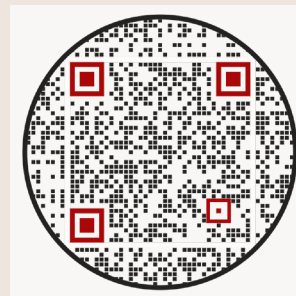
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Prostate Cancer

Risks, Detection, and Treatment



CENTER FOR RESILIENCY
LAMAR UNIVERSITY

What is Prostate Cancer?

Prostate cancer is cancer of the prostate gland, which about the size of a walnut and located just below the bladder and in front of the rectum.

How Common is Prostate Cancer?

All men are at risk. Out of every 100 American men, about 13 will get prostate cancer and about 2 to 3 men will die from prostate cancer.

Can I die from Prostate Cancer?

There were an estimated 34,500 deaths from prostate cancer in 2022.

Prevention

There's no proven prostate cancer prevention strategy. You may reduce your risk of prostate cancer by making healthy choices:

- Choose a low-fat diet.
- Increase the number of fruits and vegetables you eat daily.
- Reduce the number of dairy products you eat each day.

Symptoms

- Difficulty starting urination
- Weak or interrupted flow of urine
- Urinating often, especially at night
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that doesn't go away
- Painful ejaculation

Testing

PSA Testing

Previously PSA levels of 4.0 ng/mL or less were considered normal, but some individuals with PSA levels below 4.0 ng/mL have prostate cancer and many with higher PSA levels do not. For individuals ages 55 to 69 should discuss the potential benefits and harms of screening with their clinician. PSA-based screening for prostate cancer is not recommended for individuals 70 years and older.

Medicare provides coverage for an annual PSA test for all Medicare-eligible individuals ages 50 and older.

Biopsy

A biopsy of the prostate may be done to confirm the diagnosis.

Benign Prostate Hyperplasia (BPH)

BPH can have the same symptoms, as well as increase PSA.