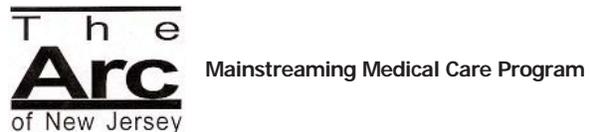


Let's Talk About Health



Health Screenings that Detect Prostate Cancer and Lifestyle Choices that May Help Reduce the Risk of Developing it:

A comprehensive guide for men with intellectual and developmental disabilities and their caregivers



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*A comprehensive guide for men with intellectual and developmental disabilities and their caregivers**

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This booklet was prepared in 2009, relying on information from the American Cancer Society and other widely accepted medical sources. Recognizing that future medical advances and breakthroughs may alter some of the information provided here, it is important to stress that **individuals should always rely on the medical advice of their doctor, as well as a second opinion when indicated, to determine the best treatment approach in any given situation.*

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What is cancer?

- ▶ Cancer is a group of fast-growing cells in your body that are not normal. Most cancers are named for the organ or type of cell in which they start (for example, cancer that starts in the *prostate* is called *prostate cancer*)
- ▶ Many people are afraid to talk about cancer, but the more you know about your body and about the things you can do to reduce your risk for cancer, the longer and healthier your life will be.
- ▶ There are many treatments available for cancer. The earlier cancer is found (diagnosed), the easier it is to treat and the better the chance that treatment will be effective.
- ▶ The best way to find cancer early is for your doctor to regularly perform the appropriate cancer screenings (tests). So even if you are feeling embarrassed or afraid, it is still very important to have these tests done.
- ▶ Many people never get cancer! And many people who do get cancer are successfully treated and go on to live long and happy lives.

What causes cancer?

- ▶ Doctors usually cannot explain why a person develops cancer. But there are certain **risk factors** that increase the chance that a person will develop cancer.
- ▶ Some risk factors just exist and cannot be changed, like your age, whether you are a man or woman, and your family's health (medical) history.
- ▶ Other risk factors come from something you do (a behavior), like smoking. If you avoid these kinds of behaviors, and replace them with healthier behaviors, you can lower your risk for cancer.



What is prostate cancer?

- ▶ The prostate is a walnut-sized gland, found only in men, that is located below the bladder and in front of the rectum. It wraps around the urethra (the tube that carries urine) and makes the fluid that carries sperm.
- ▶ Prostate cancer occurs when cells within the prostate grow uncontrollably, creating small growths called tumors.
- ▶ Prostate cancer is the most commonly diagnosed cancer in men, and most cases of prostate cancer occur in men over age 50.



Are there symptoms of prostate cancer?

- ▶ In most cases of early prostate cancer, men do not have symptoms. But some men may have one or more of the following symptoms:
 - Difficulty urinating
 - A weak urine flow
 - More frequent urination, especially at night
 - Pain during urination (like a “burning” or “stinging” feeling)
 - Blood in the urine
 - Pain in the back, hips or pelvis that doesn’t go away
- ▶ These can also be symptoms of other conditions that are not cancer, so it is very important to call your doctor right away if you are having any of these symptoms.



What are the risk factors for prostate cancer?

- ▶ Age is a strong risk factor for developing prostate cancer. Most cases of prostate cancer occur in men over age 50.
- ▶ African-American men are more likely to develop prostate cancer.
- ▶ A man's risk for prostate cancer is higher if he has a family member who has had prostate cancer.
- ▶ A man's risk for prostate cancer is higher if he eats a diet high in animal fat (red meat, cheese).



What can I do about prostate cancer?

1) Make changes to your daily living habits

There are things you can do that can help reduce your risk for prostate cancer and can help you feel better in general. This booklet talks about some of these healthy changes starting on page 4.

2) See your doctor for regular prostate cancer screenings (tests)

Starting when you are 50 (or possibly earlier if a member of your family has had prostate cancer), there are two tests that your doctor will perform at least once per year to check for prostate cancer: the **Prostate-Specific Antigen (PSA) Test** and the **Digital Rectal Exam**. If prostate cancer is diagnosed early, when it first begins to grow, there is a much better chance that treatment will be effective.

REDUCING YOUR RISK: *Making healthy lifestyle choices*

EXERCISE

■ It is important to get 30 minutes of exercise every day. If you can't do 30 minutes at one time, do 10 minutes three times each day.

■ Walking, swimming, dancing, using exercise videos and doing housework are ways to include exercise into your daily routine. Sometimes it helps to exercise with a friend.



EAT MORE FRUITS AND VEGETABLES

■ Diets that are high in fruits and vegetables may lower the risk for prostate and other types of cancer. See pages 7-8 for more information and a sample of a healthy diet that includes plenty of fruits and vegetables.



DON'T SMOKE

■ Smoking or chewing tobacco increase your risk for developing prostate and other types of cancer, *and also increase your risk of dying from prostate cancer.*

■ **If you smoke, quit now.** There are treatments available that can help, so talk to your doctor about what is best for you (joining a stop-smoking support group can also be helpful).

■ Don't be afraid to quit - *you will feel so much better when you stop smoking!*



EAT A LOW-FAT DIET

■ Cut down on fried foods, red meat (hamburgers, steak) and cheese.



There are two screening procedures (tests) that check for prostate cancer. You should begin having these screenings at age 50 (or sometimes earlier if you and your doctor determine that you are at a higher risk for prostate cancer).

1. PROSTATE-SPECIFIC ANTIGEN (PSA) TEST

▶ The Prostate-Specific Antigen (PSA) test is a simple blood test that measures proteins made by prostate cells.

▶ PSA testing is usually offered to all men 50 years of age and older. According to the American Cancer Society, if a man is at *higher risk* for prostate cancer (for instance, having a family member with prostate cancer), the PSA test may be offered at 45 (high risk) or 40 years of age (highest risk). *Every male patient should discuss this with his doctor to learn about the benefits and risks.*



▶ Your doctor will compare the results of your PSA test from year to year to determine whether your PSA level is normal or elevated (higher than normal).

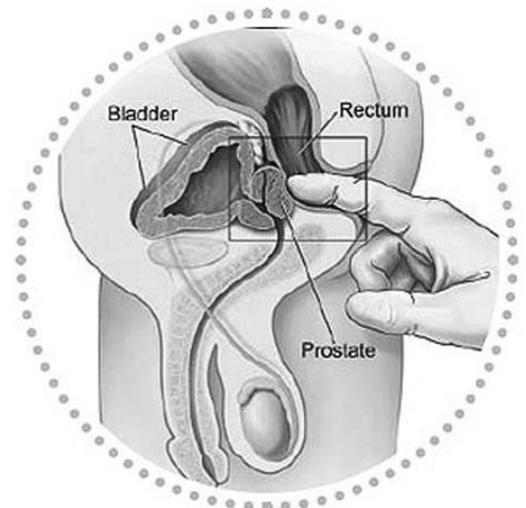
▶ It is very important to talk to your doctor about the results of your PSA test. An elevated PSA level can mean the presence of prostate cancer, but it can also indicate other conditions.

2. DIGITAL RECTAL EXAM

▶ The Digital Rectal Exam is done by your doctor each year as part of your physical exam.

▶ The doctor inserts a gloved finger into your rectum (the opening between your buttocks) in order to feel the size and shape of your prostate gland.

▶ As men grow older, the prostate gland gets larger. Since the Digital Rectal Exam is performed every year, your doctor will be able to notice any changes.



REDUCING YOUR RISK: *Developing healthy eating habits*

A few simple changes in your daily meal preparation and eating habits can help you feel better in general, and can help to reduce your risk for prostate and other types of cancer.

- ▶ Plan your menus for the week
- ▶ Eat extra-lean meat, chicken and fish
- ▶ Trim the fat off meat before cooking
- ▶ Try not to use too much butter
- ▶ Do not add salt
- ▶ Buy a set of measuring cups and a food scale, and always measure or weigh portions

The key to healthy eating is **PORTION CONTROL** (eating the right amounts of food). You can do this by learning to compare a serving size to an item you know:

Type of Food	Measurement	About the size of	
Meat	3 Ounces, cooked	A deck of cards	
Pasta	½ Cup, cooked	A tennis ball	
Bagel	4 Ounces	A hockey puck	
Rice	½ Cup, cooked	Half of a baseball	
Cheese	1 Ounce	4 Dice	 x 4

What does a healthy diet look like?



GRAINS AND STARCHES (Choose 6-8 servings each day)

*Includes bread, pasta, potatoes and corn. A serving is 1 slice of bread, ½ an English muffin or pita bread, ¾ cup dry cereal, ½ cup cooked cereal, ½ cup potato, yam, peas, corn or cooked beans, or ½ cup of cooked rice or pasta. It is important to choose more **whole grains** (for instance, brown rice, whole-wheat bread, whole-wheat or brown-rice pasta).*

VEGETABLES (Choose at least 3-5 servings each day)

A serving is 1 cup raw or ½ cup cooked vegetables.

FRUIT (Choose 2-4 servings each day)

A serving is ½ cup canned fruit (in fruit juice or light syrup) or 1 small piece of fresh fruit, 1 cup of melon or raspberries, or 1 ¼ cup of strawberries.

MILK/DAIRY (Choose 2-3 servings each day)

A serving is 1 cup of non-fat or low-fat milk, or 1 cup of reduced-calorie yogurt.

MEAT AND MEAT SUBSTITUTES (Choose 4-6 oz. each day, divided between meals)

Includes lean beef, skinless chicken or turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese and peanut butter. A serving size is 3 oz of meat, 1 egg, 1 TBSP peanut butter, or ½ cup of tofu.

FATS AND SWEETS (Keep servings small and save them for a special treat!)

Includes potato chips, candy, cookies, cakes, crackers and fried foods. These contain a lot of fat and/or sugar, and are not as nutritious as vegetables or whole grains. A serving is ½ cup of ice cream, 1 small cupcake or muffin, or 2 small cookies.

VITAMIN D

Vitamin D is an important nutrient for good health and can reduce your risk for prostate and other types of cancer. Many adults do not get enough Vitamin D in their diets, so talk to your doctor about taking Vitamin D supplements and/or spending 10-15 minutes outside each day, in direct sunlight.

What does a sample menu look like?

Food choices can be very personal and differ greatly from one family to another. The sample menu below shows some examples of how foods can be exchanged to create a balanced diet.



BREAKFAST

- Cereal (Starch)
- Sliced banana (Fruit)
- Whole-wheat toast with cottage cheese (Starch, Protein)
- Low-fat milk (Dairy, Protein))
- Coffee

BREAKFAST OPTION

Don't feel like cereal for breakfast? Have eggs instead (or egg substitute) as your protein and a whole-grain english muffin or crackers as a substitute for the starches.

LUNCH

- Chunk-style vegetable soup (Starch, Vegetable, Protein)
- Tuna sandwich (Starch, Protein)
- Fruit cup (Fruit)
- Tea or diet soda

LUNCH OPTION

At a local pizzeria for lunch? The crust will count as starch, the tomato sauce and vegetable toppings (mushrooms, green peppers, and onions, for example) will cover your vegetable exchange, and the cheese is a good source of protein. Watch out for the fat content by avoiding meat toppings.

DINNER

- Baked chicken (Protein)
- Baked potato (Starch)
- Green salad (Vegetable)
- Water or tea
- Sugar-free Jell-O

DINNER OPTION

Invited to a friend's for dinner? Enjoy the grilled chicken breast, corn on the cob, and vegetable-filled salad. Since the corn was the only starch exchange with your meal, you may be able to enjoy a small slice of angel food cake with a few fresh strawberries!

THE IMPORTANCE OF KNOWING YOUR FAMILY HEALTH HISTORY

▶ It is important for you to ask your family members (mom, dad, grandparents, sisters, brothers, aunts, uncles) about your **FAMILY HEALTH HISTORY** and about any diseases or cancers they have now, or have had in the past. When there is a history in your family of a certain disease (diabetes, heart disease) or a certain type of cancer, your risk for developing it increases.

▶ Sometimes, relatives get upset when you talk about cancer. Tell them you need to know so that you can tell your doctor. This way, *you are taking care of your health and advocating for yourself.*

▶ **It is very important for your doctor to know your family health history.** You need to tell your doctor if someone in your family has had prostate cancer or other types of cancer. It will make a difference in how early and how often your doctor performs regular prostate cancer screenings. It will also alert your doctor to follow you more closely for this type of cancer.

▶ **It is a very good idea to have a written record of your family health history.**



What is the good news about prostate cancer?

▶ Prostate cancer grows very, very slowly. If found early, it can be successfully treated and stopped from spreading.

▶ Having the Prostate-Specific Antigen test and the Digital Rectal Exam are simple ways to find prostate cancer early.

▶ There are many treatment options for early prostate cancer, and the survival rate for prostate cancer when it is detected early is very good.

▶ A guide to prostate cancer can be found at www.cancer.net/prostate.

For more information on prostate and other types of cancer, contact:

**The American Cancer Society
1-800-ACS-2345
www.cancer.org**