

## LEARN ABOUT

# PROSTATE CANCER



**This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.**

### The Prostate

- The prostate is a small gland in the male reproductive system, located below the bladder and in front of the rectum
- It surrounds the urethra, the tube that carries urine and semen out of the body
- The seminal vesicles behind it make most of the fluid in semen
- As men age, the prostate often grows larger

### Sign of Prostate Cancer

- **Early stages:** Often no symptoms, but may cause trouble urinating, weak urine flow, frequent night time urination, or blood in urine and/or semen

- **Later stages:** Can cause erection problems, pain in the hips or bones, weakness or numbness in legs, trouble holding urine or stool, weight loss, and fatigue

### Can Prostate Cancer Be Prevented?

- There's no sure way to stop prostate cancer from happening
- Some risks, such as age, race, and genetics, are not changeable
- Being overweight can raise the likelihood of prostate cancer

To help stay healthy:

- Keep a healthy weight
- Be active and move your body
- Eat healthy foods