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*“Prostate cancer is the #3 cause of cancer deaths in our community – yet less than half the men in our community of testing age (50+) have ever had the PSA screening test.”*

Eric Taylor, MD *Medical Director  
Radiation Oncologist*

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Dr. Taylor is board-certified and a Fellow of the American Colleges of both Radiology and Radiation Oncology and serves on the national Board of Directors of the American Cancer Society. He has been in practice at Evergreen since 1982.

## Prostate Cancer

Prostate cancer is the most common cancer among American men. In fact, one in six men will hear the words “you have prostate cancer” in his lifetime.

### WARNING SIGNS

Most prostate cancer has no symptoms. Some men with prostate cancer have problems urinating, but this problem can also be caused by something less serious. Only a doctor can know for sure.

### RISK FACTORS

- The risk of prostate cancer goes up with age. Over 90 percent of cases are diagnosed in men over the age of 55.
- Men who have a father or brother with prostate cancer have a higher risk of the disease. The younger and closer the relative, the higher the risk.
- African-American men have the highest rates of prostate cancer in the world.

### PREVENTION | LOWER YOUR RISK

There have been a variety of studies looking at potential preventive approaches, with some conflicting results. Consider these to lessen your risk:

- Cut back on food with animal fat. Men who eat fewer than five servings a day of foods that contain animal fat have a lower risk of prostate cancer. These foods include beef, lamb, whole milk and cheese.
- Eat foods rich in omega-3 fatty acids, such as salmon, mackerel, halibut and tuna. Vegetable sources include flaxseed and canola oil.
- Eat more tomato-based foods. The cancer fighter lycopene is the pigment that gives tomatoes their color. Men who eat at least one serving of tomato-based food a day have a lower risk of prostate cancer.

- Eat isoflavone-rich soy. The 30 to 50 milligrams of daily isoflavones from soy are credited for the low rate of prostate cancer among Asian males. That works out to about one cup of soy milk or one-half cup of tofu daily.
- The protective effects of vitamin E and selenium are currently being evaluated in a large U.S. trial, but final results are not expected until 2013.
- Get your exercise. Men who exercise at least three or four times a week have lower rates of prostate cancer.

### SCREENING TESTS

The most effective screening test is a PSA. This blood test measures the level of a substance called prostate-specific antigen. If the level is high, a man may have prostate cancer.

The American Cancer Society recommends that men age 50 and older get a PSA test and a digital rectal examination annually. African-American men, and men with a strong family history of prostate cancer, should begin screening at age 45.

### OPTIONS FOR TREATMENT

Evergreen’s Cancer Program offers a range of treatment options for prostate cancer. Depending on staging, those treatments include surgery or radiation with Intensity Modulated Radiation Therapy.

### CANCER TREATMENT DECISIONS

The NexProfiler™ is an interactive tool that provides evidence-based, peer-reviewed medical literature to help cancer patients and their physicians make more informed treatment decisions. It can be accessed at [www.evergreenhealthcare.org](http://www.evergreenhealthcare.org).