



# FACTSHEET

## Prostate Cancer

### Urban American Indians & Alaska Natives

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### Risk Factors

#### Age

The older a man is, the greater his risk for getting prostate cancer.<sup>3</sup>

#### Risk by Age

- Age 50..... 1 in 476
- Age 55..... 1 in 120
- Age 60..... 1 in 43
- Age 65..... 1 in 21
- Age 70..... 1 in 13
- Age 75..... 1 in 9

#### Family history

A man with a father, brother, or son who has had prostate cancer is more likely to also get prostate cancer.<sup>3</sup>

#### Race

Prostate cancer is more common in American Indians and Alaska Natives and other minority groups, but medical experts do not know why.<sup>3</sup>

### What is Prostate Cancer?

The prostate is a walnut-sized gland that only men have.

The urethra (the tube that carries urine from the bladder to outside the body) runs through the center of the prostate.

### Symptoms

Prostate cancer can occur without noticeable symptoms and for most men, prostate cancer is detected during routine screening<sup>5</sup>

Some Symptoms may include:

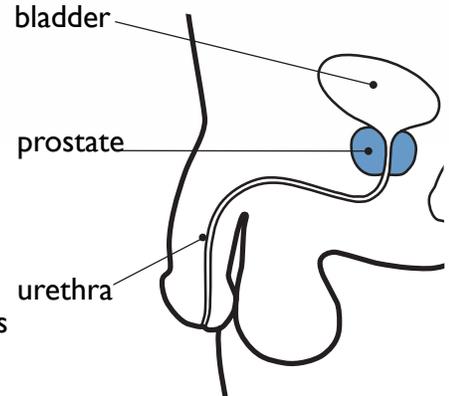
- difficulty urinating
- the need to urinate frequently at night
- pain or bleeding while urinating
- pain in the lower back, pelvis, or upper thighs all the time

These symptoms do not mean cancer, and could be caused by something else, but if you have any of these symptoms, it is important to see your health care provider as soon as possible.

### Screening

One of the most common screening tests for prostate cancer used by health care providers is the prostate specific antigen test (PSA). The PSA test is a blood test that measures an enzyme produced only by the prostate.

The health care provider may use this test to see if the PSA level is within normal limits and to check for any changes in PSA levels compared to previous PSA tests<sup>2</sup>



Original image from the CDC<sup>4</sup>



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Many men with prostate cancer may have no symptoms

### References:

- <sup>1</sup> Gilliland et al 1998 Prostate Cancer in American Indians, New Mexico 1969 to 1994
- <sup>2</sup> CDCs Prostate Cancer Factsheet 2008 2009
- <sup>3</sup> U.S. Preventive Services Task Force 2008 Screening for Prostate Cancer: U.S. Preventive Services Task Force Recommendation Statement
- <sup>4</sup> Original image from the CDCs Prostate Cancer Screening: A Decision Guide...
- <sup>5</sup> <http://www.mayoclinic.com/health/prostate-cancer/DS00043/DSECTION=symptoms>

