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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Prostate cancer an epidemic in African American Men

By Drahcir Semaj

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Prostate cancer an epidemic in African American Men

"Prostate cancer is an epidemic in African-American men," said Dr. Kevin McVary, an urologist at Northwestern Memorial Hospital in Chicago. African American men have the highest prostate cancer diagnosis rate and death rate in the world.

Seventy-two times a day an African American man is diagnosed with prostate cancer and sixteen times a day an African American man dies from prostate cancer. "Prostate cancer, particularly among African Americans, is a disgraceful tragedy that needs immediate and drastic action," says John R. Kelly, of the American Cancer Society.

Prostate cancer is the leading cancer in men in the U.S. It affects more than 220,000 men each year and at least 29,000 of them will die from the disease. African American men are diagnosed with prostate cancer at a rate of sixty percent greater than Caucasian men and their death rate is more than double of any other racial group.

Why are African American men so susceptible to prostate cancer? Researchers theorize that diet and lifestyle choices play a significant role in who will develop prostate cancer. According to the National Heart Association, over sixty percent of African American men are overweight and twenty-eight percent of are obese. Diets high in saturated fats, red meats, and lack of exercise all contribute to high risk for developing prostate cancer. Disparity in health care may also be a contributing factor in the high death rate from prostate cancer for African American Men.

Economic limitations, lack of health care insurance, and poor access to health care have been cited as possible reasons for the high prostate cancer death rate in African American men. Researchers, in a health care executive study, found that twenty-four percent of African Americans had not had a regularly scheduled doctor's visit in the previous year and many African Americans don't have a regular doctor. For African American men over forty, regularly scheduled doctors visit and prostate health education are essential.

Prostate cancer an epidemic in African American Men

African American men need to be educated about prostate cancer at an earlier age than men of other races. Researchers at the Johns Hopkins University School of Medicine say that African American men tend to develop prostate cancer at earlier ages. "We need to educate more men to come in early," said Dr. Isacc Powell, a prostate cancer researcher and survivor in a Detroit Free Press interview. Early detection through testing gives African American men the best chance of survival from the disease. If detected early, the chances of survival are increased.

What should you do about prostate cancer?

African American men should:

- Get information about prostate health and prostate cancer
- Talk to your family about your family's health history

- Have regular physical exams and have your doctor perform a PSA test and digital Rectal Exam.
- Talk to your family about your family's health history
- Talk to your doctor about prostate cancer risk, symptoms, and testing

Links to other sites about prostate cancer:

Drahcir Semaj is a freelance writer and staff writer for the website IBranch.org. You can contact him at drahcir@drahcirsemaaj.com or visit his website at <http://www.drahcirsemaaj.com> .

Prostate Cancer Symptoms – Benefits of Early Diagnosis

By Dr Bianca Tavares

Cancer of the prostate is typically a slow progressing cancer and symptoms often do not arise for many years. If the cancer is caught at an early stage, there might be no noticeable symptoms. Some men, however, will experience symptoms that could indicate the presence of prostate cancer. These might include:

- A need for frequent urination, particularly at night
- Difficulty starting urination
- Weak or interrupted urine flow
- Pain or a burning sensation during urination
- Difficulty in obtaining an erection
- Pain during ejaculation
- Blood in the urine or in semen
- Recurring pain or stiffness in the lower back, hips, or upper thighs

Sometimes the first symptoms will be lower back, hip or pelvic pain caused by cancer which has already spread.

It is important to be aware that the symptoms of both benign enlargement of the prostate gland (i.e. non-cancerous) and malignant tumours (cancer) are similar and might include any of the following

symptoms:

- Difficulty starting urination
- Frequent urination, particularly at night
- Pain during urination
- Blood in the urine

Also, men over 50 years of age often have an enlarged prostate gland due to the non-cancerous condition of benign prostatic hyperplasia (BPH), or hypertrophy.

Therefore if you notice any of the above symptoms it is important that you see your doctor and have them investigated. But note that most enlargements of the prostate are not due to cancer and can regularly be dealt with quite effectively.

EARLY DIAGNOSIS OF PROSTATE CANCER

Prostate cancer can often be discovered at an early stage by testing the amount of prostate specific antigen (PSA) in the blood. Prostate cancer can also be detected early by your doctor performing a digital rectal examination (DRE). Since the prostate gland is situated close to the rectum, a doctor can physically detect if there are any cancerous signs in your prostate.

Unfortunately the PSA and DRE tests are not totally accurate and conclusive. This can lead to anxiety and confusion, or even to a false sense of security. So important things to consider are your age, your general health and your lifestyle. If you are young and develop prostate cancer, if not caught early enough, it could shorten your life. If however you are older or in poor health, then prostate cancer

might never become a serious problem due to its slow-growing nature.

The American Cancer Society recommends that men commence having the prostate specific antigen (PSA) blood test and digital rectal examination (DRE) annually from the age of 50. Those at higher risk, such as African Americans and those with close relatives who developed prostate cancer at an early age are recommended to commence testing at 45.

The prognosis for prostate cancer sufferers has improved dramatically in recent years. In the past twenty years the overall survival rate for all stages of prostate cancer has increased from 67% to 97%. Thus more men are living significantly longer after diagnosis. In all likelihood this is due to early detection programs, increased public awareness, particularly of prostate cancer symptoms, and the adoption of healthier lifestyles.

Dr Tavares writing about

is found at



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