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## Prostate Cancer Awareness Month

### What is Prostate Cancer?

Prostate cancer is the abnormal growth of cells in a man's prostate gland. The prostate sits just below the bladder. It makes part of the fluid for semen. In young men, the prostate is about the size of a walnut. As men age, the prostate usually grows larger.

Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early. Often, prostate cancer that has spread responds to treatment. Older men who have prostate cancer usually die from other causes.

Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race affect your chances of getting it.

### What are the symptoms?

Prostate cancer usually doesn't cause symptoms in its early stages. Most men don't know they have it until it is found during a regular medical exam.

When problems are noticed, they are most often problems with urinating. But these same symptoms can also be caused by an enlarged prostate (benign prostatic hyperplasia). An enlarged prostate is common in older men.

### How is prostate cancer diagnosed?

The most common way to check for prostate cancer is to have a prostate-specific antigen (PSA) blood test. A higher level of PSA may mean that you have prostate cancer. But it could also mean that you have an enlargement or infection of the prostate.

If your PSA is high, you may need a prostate biopsy to figure out the cause. A biopsy means that your doctor takes tissue samples from your prostate gland and sends them to a lab for

testing.

### How is prostate cancer treated?

Your treatment will depend on what kind of cancer cells you have, how far they have spread, your age and general health, and your preferences.

You and your doctor may decide to manage your cancer with active surveillance or to treat it with surgery or radiation.

If you are over age 80 or have other serious health problems, like heart disease, you may choose not to have treatments to cure your cancer. Instead, you can just have treatments to manage your symptoms. This is called watchful waiting.

Choosing treatment for prostate cancer can be confusing. Talk with your doctor to choose the treatment that's best for you.

### When to call a doctor?

Call your doctor now if:

- You cannot urinate.
- You have symptoms of a urinary infection. For example:
  - You have blood or pus in your urine.
  - You have pain in your back just below your rib cage.
  - You have a fever, chills, or body aches.
  - It hurts to urinate.
- You have pain in your back or hips.
- Your pain isn't controlled.
- You are vomiting or nauseated.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have pain when you ejaculate.
- You have trouble starting or controlling your urine.

If you have been diagnosed with cancer, be sure to follow your doctor's instructions about calling when you have problems, new symptoms, or symptoms that get worse.

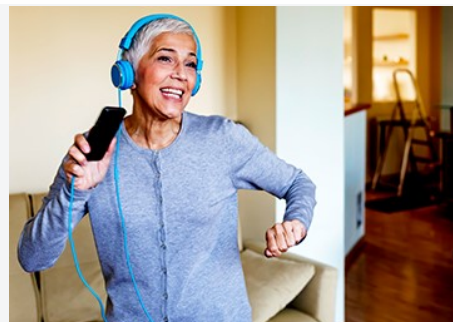
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## Falls Prevention Week (September 18th – 24th)

Checklist for Preventing Falls at Home



Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Hip fractures are especially serious, and most of them are caused by falling.

Falls are often caused by hazards that are easy to overlook. But these hazards can also be easy

to fix. This checklist helps you find hazards in each room of your home, and it gives tips on how to fix the problem.

Rooms and areas to check for preventing falls at home:

## **FLOORS**

- Move furniture so that your path through a room is clear.
- Remove throw rugs on floors or use double-sided tape/nonslip backing so the rugs won't slip.
- Clear objects (papers, books, shoes, boxes, etc.) from the floor.
- Coil or tape wires (such as extension cords or lamp or phone cords) to the baseboard so you can't trip over them. Purchase a power strip for additional outlets.

## **STAIRS AND STEPS**

- Always keep objects off stairs.
- Fix loose, broken, or uneven steps.
- Make sure you have plenty of light on the top and bottom of stairways. Install an overhead light at the top and bottom of the stairs. You can also try getting light switches that glow.
- Have a friend or family member safely replace burned out light bulbs in stairways.
- Make sure that the carpet is firmly attached to every step. For hardwood floors, use nonslip rubber treads.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and span the full length of the stairs.

## **KITCHEN**

- Place commonly used items on a lower shelf.
- For items rarely used, make sure step stool is stable and brace it against a counter or wall.
- Never use a chair as a step stool.

## **BATHROOM**

- Put a nonslip rubber mat or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars inside the tub and next to the toilet.

## **BEDROOM**

- Place a lamp close to the bed where it's easy to reach.
- Use a night-light to improve visibility at night. Consider leaving the hallway or bathroom light on before bed.

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