

# Sun ADVOCATE

4C • The Choctaw Sun-Advocate • May 9, 2012

## Healthcare



*"It is health that is real wealth and not pieces of gold and silver."*

-- Mahatma Gandhi



## Local men participate in cancer screening

BUTLER -- On Saturday, May 5, the Urology Centers of Alabama, the Urology Health Foundation and the Choctaw County Health Department broke the record from last year by screening 58 men for prostate cancer. These men know the importance of early detection and screening for prostate cancer. Last year several men screened were diagnosed with prostate cancer and received treatment. That is why it is important to start being screened for prostate cancer at age 40.

Prostate cancer is the second leading killer (behind lung cancer) among men in the USA. One in six men (one in four African American men) will have prostate cancer sometime in their life. "Early detection and treatment are key factors in addressing prostate cancer", said Dr. Thomas E. Moody, president of the Urology Health Foundation. No one knows the exact cause of



ADPH nurse Tina Norwood draws blood from a patient for a PSA during the prostate screening event held in Butler last week. (submitted photo)

prostate cancer. Doctors can seldom explain why one man develops the disease and another does not. Research has shown that men with certain risk factors are more likely than others to develop prostate cancer. A risk factor is something

that may increase the chance of developing a disease. Age is the strongest risk factor for prostate cancer. The disease is rare in men younger than 40, but the chance of getting it goes up sharply as a man ages. A man's risk of

prostate cancer is higher than average if his brother, father or uncle had the disease. Race is also a risk factor for prostate cancer. Prostate cancer is particularly important for African American men because they are significantly

more likely to be diagnosed with prostate cancer and their death rate from this disease is two and one-half times greater than the rate for Caucasian men.

Because there are no noticeable symptoms of prostate cancer while it is still in the early stages according to Dr. Moody that is why screening is so critical. In more advanced stages, symptoms may include difficult or frequent urination, blood in the urine or bone pain. Every man age 40 or over should resolve to be screened annually.

Screening for prostate cancer involves a simple blood test called a PSA that measures the level of protein called prostate-specific antigen in the blood. Normally PSA is found in the blood at very low levels. Elevated PSA readings can be a sign of prostate cancer. A physical examination is also given to detect prostate cancer. This exam is called a

DRE or digital rectal exam. These tests take approximately 10 minutes to perform and could save a man's life.

If a man missed the free prostate cancer screening on Saturday, Urology Centers of Alabama and the Urology Health Foundation will be offering these screenings in the following counties: May 19 -- Lawrence County Health Department; June 9 -- Butler County Health Department; July 24 -- Madison County Health Department; August 18, -- Monroe County Health Department; September 22 -- Perry County Health Department; October 6 -- Hale County Health Department; October 27 -- Wilcox County Health Department; November 3 -- Conecuh County Health Department; and November 17 -- Marengo County Health Department