

# September Is Prostate Cancer Awareness Month



PROSTATE CANCER AFFECTS A SMALL GLAND IN MEN, BUT IT CAN HAVE A BIG EFFECT ON THEIR HEALTH.

Gentlemen, you have around a 1-in-8 chance of developing prostate cancer. Learn some key facts about one of the most common cancers among men in the U.S.

## Understand Your Risk

Prostate cancer risk factors include:

### Age

You're more likely to develop prostate cancer after age 50.



### Gene Mutations

Changes to the **BRCA1** or **BRCA2** genes and a genetic condition called **Lynch syndrome** can raise your risk.

### Race

Prostate cancer is **more common** in **Black men**.



### Family History

You have a higher risk if a **family member, especially your father or brother**, had prostate cancer.

### Lifestyle Factors

Smoking and a high-dairy diet have been linked with a **higher risk of prostate cancer**.



## Spot the Symptoms

Early prostate cancer rarely causes symptoms. As the disease progresses, symptoms may include:



Blood in the urine or semen



Pain in the lower pelvis, back, or hips



Burning sensation while urinating



More frequent urination



Difficulty getting an erection



Weakness in the legs or feet



Loss of bladder or bowel control



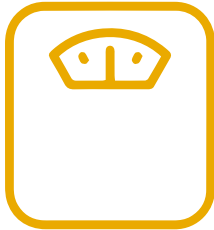
Weak urine stream

## Prevention Tips

**Adopt healthy habits.** Follow a balanced, nutritious diet and stay active.



**Maintain a healthy weight.** Excess pounds may increase your risk of prostate cancer.



**Reduce dairy in your diet.** Consuming whole-fat milk over 2% or skim milk may raise your prostate cancer risk.



Rocky Mountain Cancer Centers offers advanced prostate cancer care. Learn more at [RockyMountainCancerCenters.com](http://RockyMountainCancerCenters.com).

