Let’s Talk About It - Prostate Cancer Screening Event

September is National Prostate Cancer Awareness month. Just in 2013 alone, approximately 238,590 men will be diagnosed with prostate cancer and an estimated 29,720 will die from the disease. Prostate cancer is the second leading cause of cancer deaths in American men, next to lung cancer. At some point in their lives, one man in six will get prostate cancer.

The root of prostate cancer has not been determined, and unfortunately, factors that play in to prostate cancer, such as age, race and family history cannot be changed. Medically underserved men are also at a higher risk for prostate cancer, due to lack of screening for the disease. Other factors that might help reduce a man’s risk of prostate cancer are getting regular physical activity, maintaining a healthy weight and eating a diet that is high in vegetable such as tomatoes, broccoli, cabbage, cauliflower, soy, beans and other legumes.

Screening for prostate cancer consists of two steps: a doctor’s exam of the prostate gland, and a blood test that measures a protein made by cells in the prostate. The blood test is called a PSA, which stands for “Prostate-Specific Antigen.” High PSA levels in a man’s blood indicate a prostate problem, but not necessarily cancer! Since neither of these screening techniques are 100% effective, it is the combination of the two that allows for the early detection of prostate cancer.

It is important that men be informed about prostate cancer and have the opportunity to make a sound decision about whether screening is best for them. Men should begin by having a
conversation with their doctor which includes family history of prostate cancer and the benefits and side effects of screening and treatment.

To assist in the effort of prostate cancer education and screening, the Cayuga County Cancer Services Program and AMP Urology (formerly Lake Region Urology), along with Auburn Community Hospital and American Cancer Society will be holding their tenth annual “Let’s Talk About It” program on **Tuesday, September 24th**. This event screens and educates medically uninsured and under-insured men ages 45+ for prostate cancer and eligible men ages 50+ for colorectal cancer.

“Let’s Talk About It” will be held at **AMP Urology, 192 Genesee Street**, in Auburn, from **4:30 pm – 7:00 pm**. Prostate cancer screenings, take home test kits for colorectal cancer, diabetes testing, and blood pressure checks will be offered. The event will also feature give-away items, and refreshments.

To participate in the program, **eligible men must pre-register by September 23**. Please call The Cayuga County Cancer Services Program at 315-253-1455 to sign-up.

The Cayuga County Cancer Services Program shares the American Cancer Society’s goal of eliminating cancer, saving lives, and diminishing suffering from cancer through education and service. For more information on prostate cancer, you can visit the American Cancer Society Web site: [www.cancer.org](http://www.cancer.org) or the Cayuga County Health Department Web site: [www.cayugacounty.us/cancerinfo](http://www.cayugacounty.us/cancerinfo)
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