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Men's Health: Prostate Cancer 101



Did You Know?

Forty percent of men over 60 experience an enlarged prostate? Because some of the symptoms of an enlarged prostate (frequent urination, painful urination) are also symptoms of prostate cancer, it's important to tell your doctor about any changes in your urination patterns.



When it comes to cancer deaths among males, prostate cancer ranks second only to lung cancer. As you age, your risk of developing it only increases. So if you're a middle-aged man, take a few minutes to learn more about prostate cancer – learning about it now could potentially save your life later.

What is the prostate?

Located in front of the rectum and under the bladder, the prostate is a gland found only in men. In young men, the prostate is about the size of a walnut. It usually grows larger as you grow older.

Am I at risk?

Being older than 50 is the primary risk factor for prostate cancer. And your risk will only increase with age. If you are African-American and/or other men in your family have had it, your risk is even higher.

How can I reduce my risk?

While prostate cancer cannot be prevented, you can reduce your risk by eating more low-fat, high-fiber foods. Researchers are also investigating the possibility that vitamins D and E, green tea and selenium may help lessen your chances of developing it.

What are the symptoms?

A man will likely experience no symptoms in the early stages of prostate cancer. Many prostate cancers spread beyond the prostate by the time symptoms are noticeable. These symptoms may be a sign of other conditions and may not mean that you have prostate cancer. Please see your doctor immediately if you have experienced:

- Difficulty in starting or maintaining your urine stream
- Frequent and/or urgent urination
- Blood in the urine or semen
- Impotence

- Deep pain in your lower back, abdomen, hip or pelvis.

When should I be screened for prostate cancer?

The American Cancer Society believes that doctors should offer the PSA Blood Test and the Digital Rectal Exam on an annual basis to men over the age of 50. That age decreases to 45 if you're considered high risk (African American men and/or men who have had a close relative diagnosed with prostate cancer before age 65). However, only you and your doctor can decide what is best for you, so be sure to talk to him or her about whether and when you should begin testing.

Is there any good news?

Yes! When prostate cancer is caught early, the 5-year survival rate is almost 100 percent. So talk to your doctor about prostate cancer now.

What Every Man Needs To Know

Think about it. When was the last time you went to the doctor? If you're like most men, you waited until you absolutely had to go. And as you get older, this bad habit can turn into a true health hazard. Read on to discover what health problems are more likely to affect men as they age.

High cholesterol

When cholesterol levels are elevated, you place yourself at a greater risk for heart disease. The U.S. Preventive Services recommends that you begin to have periodic cholesterol screenings at age 35. After age 65, let your doctor decide how often you need to check your cholesterol levels.

High blood pressure

If you have high blood pressure, you face an increased risk of heart attack, stroke and/or kidney failure. The American Heart Association recommends that you have your blood pressure checked at least once every two years.

Colorectal cancer

Like most cancers, the key to successful treatment of colorectal cancer is catching it early. Beginning at age 50, the American Cancer Society recommends that you have a simple fecal occult blood test (a test that checks for blood in your stool) every year.

Prostate cancer

One of the most common cancers among men, it's also one of the most deadly. Fortunately, it's one of the most easily treatable cancers – when caught early.

The American Cancer Society believes that men should be tested annually beginning at age 50.

Testicular cancer

Testicular cancer is the most common cause of cancer for men between the ages of 15 and 35 – but it can occur at any age. Consult your physician about any persistent testicular discomfort, pain or swelling.

Make an appointment today.

If you can't remember when you had your last checkup, it's probably time to make an appointment right now. And remember, the relationship you have with your doctor is a very important one. If you're not completely comfortable with your current doctor, ask your friends and colleagues for recommendations. When you're able to speak freely with your doctor, he or she can help you feel better today – and avoid potential health problems tomorrow.

Registered Nurses – That Answer Your House Calls

Convenient. Toll-Free. Every day, around the clock. From anywhere in the country.

The CIGNA HealthCare health information nurses are always available when you need guidance about how to handle a health complaint – even minor concerns. The Health Information Nurse can:

- Listen to your symptoms and help you assess your needs.
- Refer you to a nearby emergency room, if needed.
- Connect you to the Health Information Library, where you can choose from hundreds of detailed audio-taped programs on important health topics.

When is a good time to speak with a Health Information Nurse?

- You have a stomachache, but aren't sure if you should wait to see your personal physician or seek care as soon as possible.
- Your child has an earache in the middle of the night.
- You think you pulled a muscle carrying a heavy box.
- You're traveling and think you may be developing a sinus infection.

The CIGNA 24-Hour Health Information Line. Convenient. Toll-free. Call the number on your member ID card.

Did You Know?

That if you call the CIGNA HealthCare 24-Hour Health Information Line® and speak to a nurse, and if your condition doesn't require immediate care, the nurse will give you self-care tips to use until you see a doctor.



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