



2024 Prostate Cancer Prevention and Education Resource Guide

The Maryland Department of Health Center for Cancer Prevention and Control is sharing this guide with local Cigarette Restitution Fund-Cancer Prevention, Education, Screening and Treatment programs to assist in the development of prostate cancer awareness materials.

This guide provides information and materials from reputable sources, including the American Cancer Society, the Centers for Disease Control and Prevention, the National Cancer Institute, and George Washington University Cancer Institute. Resources include ready-made media such as videos, factsheets, resource guides and social media toolkits to help you create, update and tailor health education materials for the communities that you serve.



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What Is Prostate Cancer?

The prostate is a part of the male reproductive system, and is located right below the bladder and in front of the rectum. The prostate's most important function is producing a fluid which, together with sperm cells and fluids from other glands, make up semen. The prostate's muscle also helps move the seminal fluid into the urethra during ejaculation.

As men age, the prostate may get bigger. This could cause problems with urination. This does not mean there is cancer, but men are encouraged to speak with their medical provider if they have any concerns.

Prostate cancer is a disease in which cells in the prostate grow out of control. It is the second most common cause of cancer death among men in the United States.

What Are the Risk Factors for Prostate Cancer?

Researchers do not know what causes prostate cancer. However, there are risk factors associated with increased chances of getting prostate cancer such as:

- Being born male
- Getting older
- Family history of prostate cancer

Note that being overweight or obese and/or an African American male raises the likelihood of having aggressive or advanced prostate cancer.

What Are the Signs and Symptoms of Prostate Cancer?

- Difficulty starting urination
- Weak or interrupted flow of urine
- Urinating often, especially at night
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that doesn't go away
- Painful ejaculation

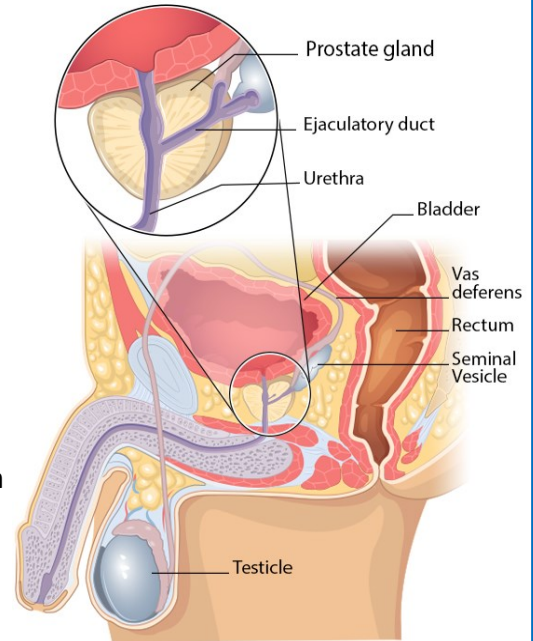


Figure 1: Prostate Gland

Image is from CDC: https://www.cdc.gov/prostate-cancer/about/?CDC_AAref_Val=https://www.cdc.gov/cancer/prostate/basic_info/index.htm

References

1. National Library of Medicine. (2022, September 15). *In Brief: How does the prostate work?* <https://www.ncbi.nlm.nih.gov/books/NBK279291/>
2. Centers for Disease Control and Prevention. *Prostate cancer.* https://www.cdc.gov/prostate-cancer/about/?CDC_AAref_Val=https://www.cdc.gov/cancer/prostate/basic_info/index.htm
3. Mayo Clinic. (2024, June 15). *Prostate cancer.* <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>
4. Centers for Disease Control and Prevention. *Symptoms of prostate cancer.* <https://www.cdc.gov/prostate-cancer/symptoms/index.html>

How Can You Reduce the Risk of Prostate Cancer?

- Have a healthy diet that includes a variety of colorful fruits, vegetables, and whole grains. Limit red and processed meats, sugar-sweetened drinks, and highly processed foods.
- Exercise regularly.
- Maintain a healthy weight.

What Are Prostate Cancer Screening Guidelines?

The U.S. Preventive Services Task Force (USPSTF) recommends:

- Men who are 55 to 69 years old should speak with their healthcare provider and make individual decisions about being screened for prostate cancer with a prostate specific antigen (PSA) test.
- To decide whether it's beneficial to be screened, men and their healthcare providers should consider the benefits and harms on the basis of family history, race/ethnicity, medical conditions, patient values on the benefits/harms of screening and treatment, and other health needs.
- Men who are 70 years old and older should not be screened for prostate cancer routinely.
- This recommendation applies to men who:
 - ⇒ Are at average risk or at increased risk for prostate cancer.
 - ⇒ Do not have symptoms of prostate cancer.
 - ⇒ Have never been diagnosed with prostate cancer.

Please note that the USPSTF guidelines are in the process of being updated (as of August 2024).

References

1. American Cancer Society. (2023, November 22). *Can prostate cancer be prevented?* <https://www.cancer.org/cancer/prostate-cancer/causes-risks-prevention/prevention.html>
2. Centers for Disease Control and Prevention. (2023, October 16). *Should I get screened for prostate cancer?* <https://www.cdc.gov/prostate-cancer/screening/get-screened.html>
3. U.S. Preventive Services Task Force (2018, May 8). *Prostate cancer: Screening*. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening>

What Are the Prostate Cancer Statistics in Maryland?

- Prostate cancer is the second leading cause of cancer death among men in Maryland after lung cancer.
- Overall, incidence rates for prostate cancer increased from 2016 to 2020, while mortality rates decreased.
- Racial disparities in prostate cancer incidence and mortality were present, with the rates for Black males remaining higher than for White males in the years 2016 to 2020.
- From 2016 to 2020, mortality rates for prostate cancer decreased for both Black men and White men.
- Maryland had the 13th highest prostate cancer mortality rate among the states and the District of Columbia for the period from 2016 to 2020.

One target of the [Maryland Comprehensive Cancer Control Plan](#) is to increase proportion of men ages 55 to 69 who have discussed the advantages and disadvantages of the PSA test to screen for prostate cancer with their health care provider from 55.7% in 2018 to 58.5% by 2025.



2021 2025

MARYLAND

COMPREHENSIVE CANCER CONTROL PLAN



References

1. Maryland Department of Health. (2020). *2023 Cancer data*.
2. Maryland Department of Health. (2021). *Maryland comprehensive cancer control plan 2021 - 2025*. https://health.maryland.gov/phpa/cancer/cancerplan/SiteAssets/Pages/publications/Cancer-MD-Maryland_FINAL%20-1.pdf

Samples of Prostate Cancer Screening Messages

Most prostate cancers found by screening are small and slow growing and may not be fatal. Some men may have a faster growing prostate cancer and will benefit from early treatment.

Call your healthcare provider and take control of your health!

Older men, African-American men, and men who have a family history of prostate cancer have a greater risk of developing prostate cancer. If you are concerned about your risk for prostate cancer, talk to your healthcare provider about screening.

Transgender women with male reproductive organs have varying risk levels based on their history with gender-affirming surgery (GAS) and gender-affirming hormone therapy (GAHT). Transgender women who have not undergone GAS or GAHT have the same risk levels as cisgender men. Transgender women with a history of GAS or GAHT are less likely to get prostate cancer than cisgender men.

If you are transgender individual, talk to your healthcare provider to ask if prostate cancer screening is the right option for you.

One screening test for prostate cancer is a blood test, which can be abnormal (not normal) for several reasons besides cancer.

The only way to know if an abnormal test is due to cancer is to do a biopsy. A biopsy is a minor surgery to get small pieces of the prostate to look at under the microscope. If the biopsy shows there are cancer cells, then your healthcare provider will discuss treatment options with you.

Right now, you have the power to find out what is right for you. Call your healthcare provider.

September is Prostate Cancer Awareness Month! Talk to your healthcare provider about the right screening option for you. If you're not sure whether your health insurance covers it or if you don't have health insurance, call us at xxx-xxx-xxxx.

References

1. Centers for Disease Control and Prevention. (2023, December 5). *HEALTH TIPS for men about prostate cancer: What you can do*. https://www.cdc.gov/cancer/prostate/pdf/prostate_health_tips.pdf
2. Gender Research Collaborative. (2022 January). *Prostate cancer in transgender women: What does a urologist need to know?* <https://pubmed.ncbi.nlm.nih.gov/34157213/>

Useful Websites

- **American Cancer Society (ACS)**

The ACS is a reliable source for cancer information and statistics that can be used to develop educational materials for providers and the general public. The following resources provide key information about prostate cancer.

⇒ <https://www.cancer.org/cancer/prostate-cancer.html>

This webpage provides a basic overview of prostate cancer and includes free and downloadable PDF fact sheets about the following topics:

- ◇ About Prostate Cancer
- ◇ Causes, Risk Factors, and Prevention
- ◇ Early Detection, Diagnosis, and Staging
- ◇ Treating Prostate Cancer
- ◇ After Treatment

ACS also publishes the annual Cancer Facts & Figures Report, a resource containing current cancer statistics. This report also includes information on prostate cancer trend symptoms, risk factors, early detection, and treatment.

⇒ <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/2024-cancer-facts-figures.html>

Take the Quiz: Prostate Cancer

<https://www.cancer.org/cancer/prostate-cancer/prostate-cancer-quiz.html>

- **Centers for Disease Control and Prevention (CDC)**

The CDC provides basic prostate cancer information and facts that are useful for developing or updating your educational materials. This website includes basic information about prostate cancer, CDC's latest research, and health tips on how to talk to one's healthcare provider about prostate cancer.

⇒ <https://www.cdc.gov/cancer/prostate/index.htm>

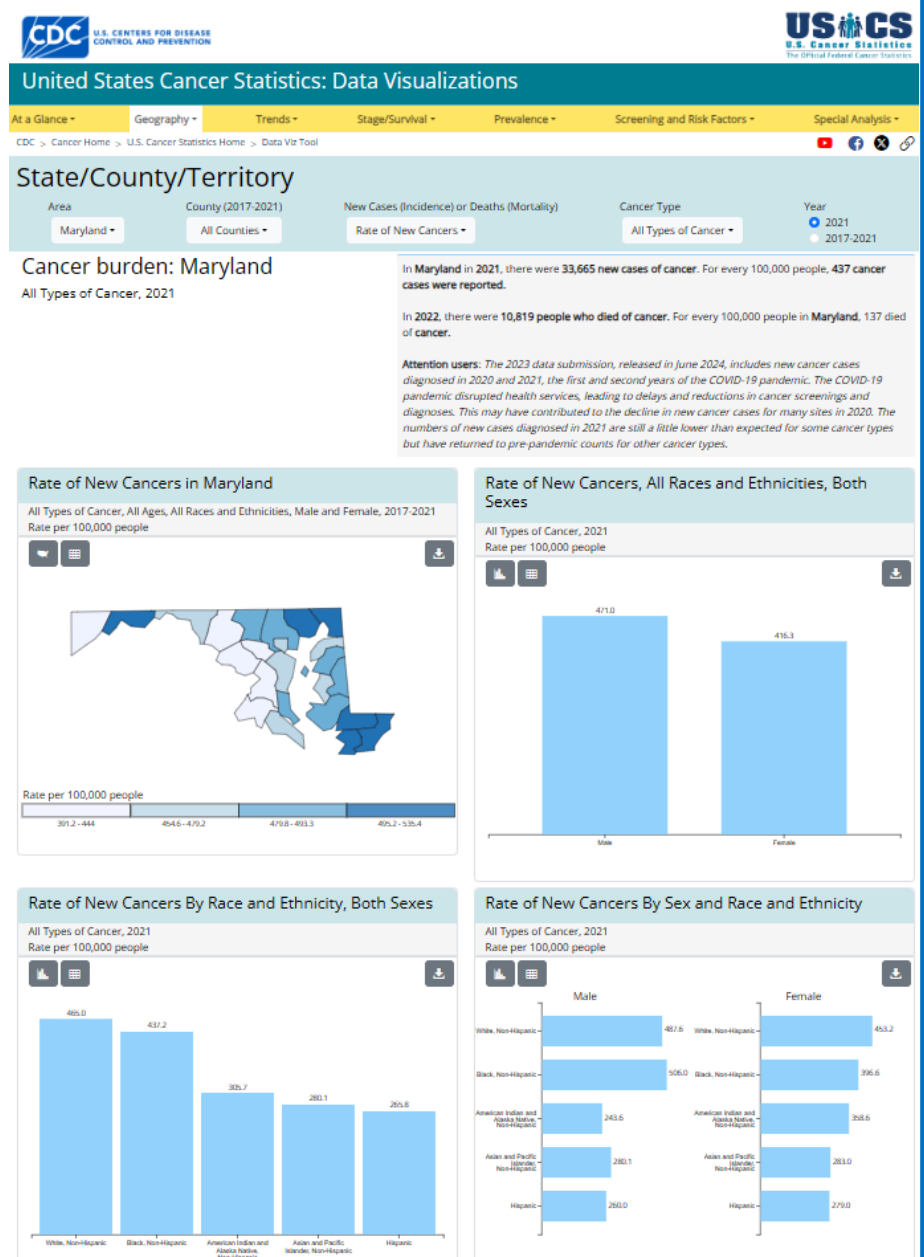
This resource provides information on:

- ◇ Prostate Cancer Basics
- ◇ Symptoms
- ◇ Screenings
- ◇ Diagnostics
- ◇ Risk Factors
- ◇ Treatment
- ◇ Statistics
- ◇ Health Tips

The US Cancer Statistics (USCS) also provides data visualization tools.

⇒ <https://gis.cdc.gov/Cancer/USCS/#/StateCountyTerritory/>

Select state, county, incidence or mortality, cancer type, and year in the top bar and see maps, charts, and tables.



• National Cancer Institute (NCI)

NCI is housed under the National Institutes of Health (NIH) and provides an overview of prostate cancer, causes and prevention, research, statistics, treatment, screening, and coping with cancer.

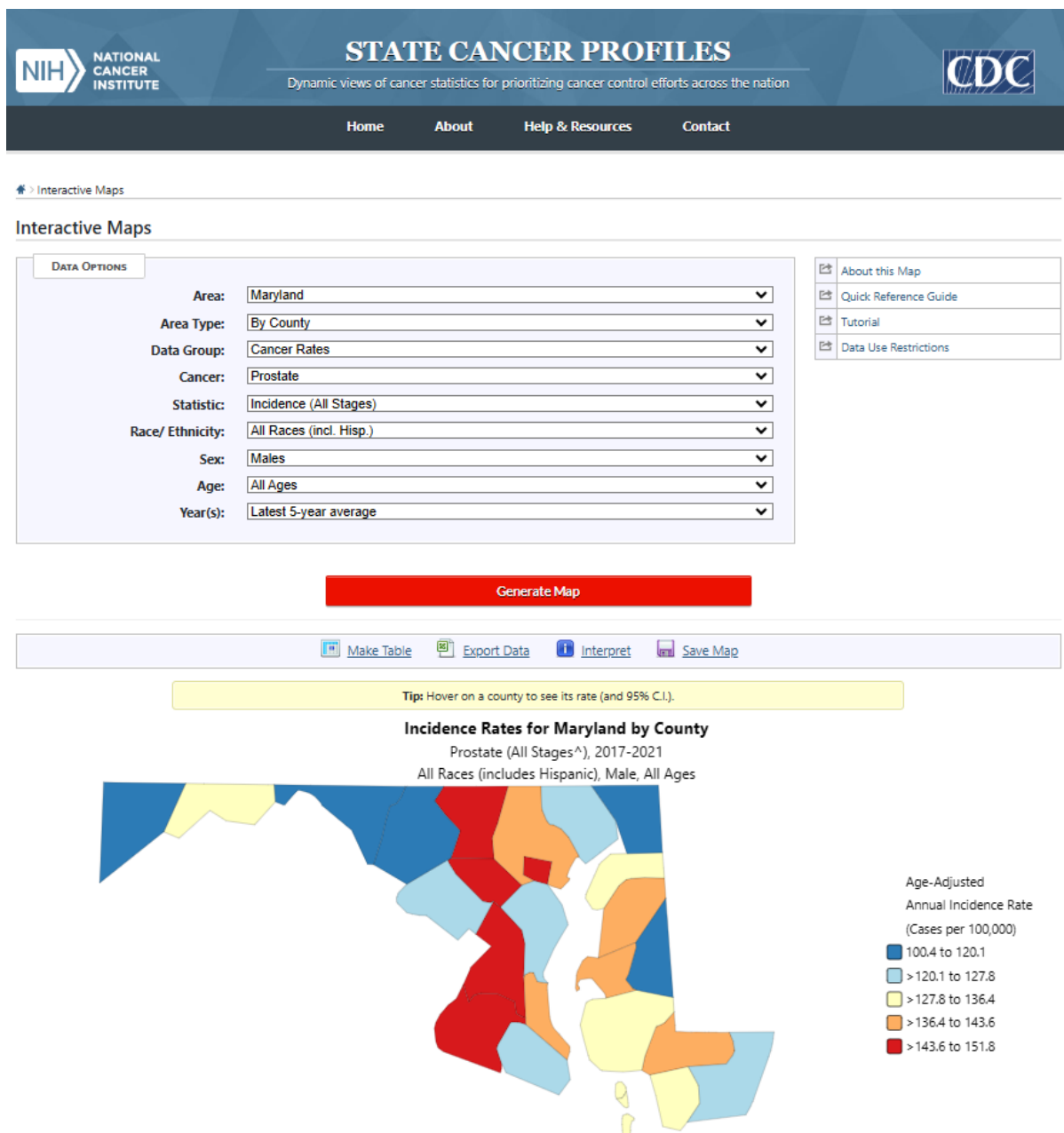
⇒ <https://www.cancer.gov/types/prostate> (for general public)

⇒ <https://www.cancer.gov/types/prostate/hp> (for health professionals)

NCI, in partnership with the CDC, also provides data visualization tools.

⇒ <https://statecancerprofiles.cancer.gov/incidencerates/index.php?>

Select state, county, data group, cancer type, incidence or mortality, race/ethnicity, sex, age, and year in the top section and generate maps, tables, or spreadsheets.



- **Center for Prostate Disease Research (CPDR)**

The CPDR was established in 1992 by Public Law 102-172. The CPDR, housed within the Uniformed Services University of the Health Sciences, conducts basic science and clinical research in the US Military Health Care System to further detect and treat prostate cancer. The CPDR also provides clinical care to patients with prostate cancer and support to their families.

⇒ <https://walterreed.tricare.mil/Health-Services/Mens-Health/Prostate-Center-of-Excellence>

Services provided or supported at their clinical center include:

- ◇ Support Services for Patients Under Suspicion of Prostate Related Disease
- ◇ Multi-disciplinary Prostate Cancer Clinic for Newly Diagnosed Patients
- ◇ Recurrent Prostate Cancer Clinic
- ◇ Clinical Trial Services
- ◇ Preoperative Counseling Class for Surgery Patients
- ◇ Psychological Support
- ◇ Nutrition Classes
- ◇ Male Sexuality Issues
- ◇ Monthly Support Groups
- ◇ Numerous Patient Education Forums (Guest Speakers, Newsletters, and etc.)

- **Mayo Clinic**

The Mayo Clinic is a non-profit organization that provides excellent health information to professionals and to the public and does research on many diseases.

⇒ <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>

- **Us TOO Prostate Cancer**

This is a nonprofit started by prostate cancer survivors in 1990. It provides educational materials, resources, and support to prostate cancer survivors and their families.

⇒ <https://www.ustoo.org/Home>

Ready Made Media

• Factsheets

HEALTH TIPS for men about prostate cancer: What you can do from the CDC

⇒ https://www.cdc.gov/cancer/prostate/pdf/prostate_health_tips.pdf

How will treating my early-stage prostate cancer affect my quality of life? from Patient-Centered Outcomes Research Institute

⇒ <https://www.pcori.org/sites/default/files/PCORI-Evidence-Update-for-Patients-Prostate-Cancer.pdf>

ASCO answers: Prostate cancer from American Society of Clinical Oncology

⇒ <https://oncology.co.za/wp-content/uploads/2021/11/Prostate-Cancer-Quick-Facts-Sheet.pdf>

• Guidebooks

NCCN guidelines for patients from National Comprehensive Cancer Network

⇒ <https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients/guidelines-for-patients-details?patientGuidelineId=49> (Early-stage Prostate Cancer / available in Spanish)

⇒ <https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients/guidelines-for-patients-details?patientGuidelineId=50> (Advanced-stage Prostate Cancer / available in Spanish)

Patient resources from Prostate Cancer Foundation

⇒ <https://www.pcf.org/guide/>

• Social Media

Prostate Cancer Awareness Month Social Media Toolkit from the George Washington University (GW) Cancer Center

This toolkit supplies ready-to-use Facebook posts and X (formerly Twitter) post.

⇒ https://cancercontroltap.smhs.gwu.edu/sites/g/files/zaskib661/files/2021-11/Prostate%20Cancer%20Social%20Media%20Toolkit%202021_508%20in%20progress.pdf

• Videos

Prostate Cancer Statistics — Did You Know? from National Cancer Institute

⇒ <https://youtu.be/CLYEYSDENVA>

Prostate Cancer Videos from American Cancer Society

⇒ <https://www.cancer.org/cancer/prostate-cancer/prostate-cancer-videos.html>

Should I Get Tested for Prostate Cancer? from the CDC

⇒ <https://www.youtube.com/watch?v=gUSLqrEiRI4>

Please note that not all cancer screening messages contained in the web resources listed above are consistent with the Maryland Department of Health's Center for Cancer Prevention and Control guidance. If you choose to use information from these web resources, we encourage you to carefully check materials for consistency with the guidance we have provided.

Please contact Tony Rodriguez, Cancer Screening Programs Unit Health Educator, at Anthony.Rodriguez@maryland.gov if you have any questions.