

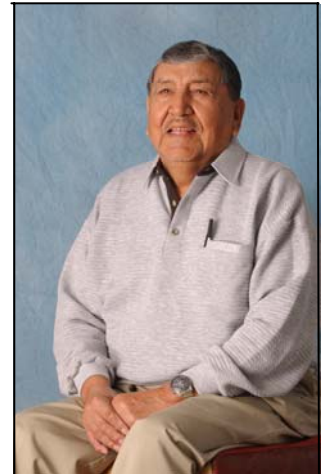
Native American Cancer Research Corporation Prostate Health Fact Sheet



- Is your prostate healthy?
- Research shows Northern & Southern Plains Native men have 15+ times more prostate cancer than do Natives from other regions. Identifying prostate problems early helps.
- You can talk with your provider about your prostate health risks
- Now you know. Now you can.

What is the prostate gland?

- The prostate is inside the male's body (women do not have a prostate gland)
- It is below your bladder in front of the rectum
- Think about hunting and cleaning the deer carcass ...
 - The "guts" between the legs includes the prostate gland
 - Hard to find because it is small and embedded in the tissues
 - All male four-legged and two-legged have a prostate gland
 - We are all related
- Sex gland in men
- It makes part of the semen / fluid that allows the sperm to swim / move
- If the prostate gland can't make its fluid, the sperm cannot get a woman pregnant
- The prostate gland is about the size of a walnut, including its shell



Walter Woods
Cheyenne River Sioux
Dx 1994 prostate cancer;
Passed 11/2004

Symptoms of Prostate Problems

- Trouble urinating
- Decreased force in the urine stream
- Frequent desire to urinate / pee (but sometimes with little success)
 - Night-time sensation is more common
- Blood in your urine
- Blood in your semen
- Swelling in your legs (most of the Native men had an explanation for why their legs were swollen other than a potentially serious health problem)
- Discomfort in the pelvic area (some Native men thought they had a minor hernia)
- Bone pain (this is very painful and most Native men refused to discuss such pain)



Walter: *Native men over 50 need to be screened*

Native Men Talking about Prostate Symptoms

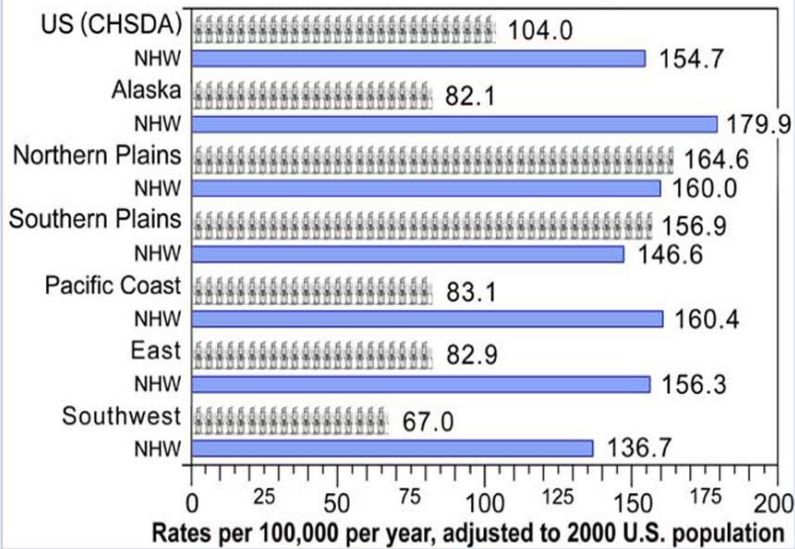
- "I need to pass water all night long"
- "I need to pass water all the time!"
- "I have to force myself to pee"
- "I can't start my stream"
- "I have a dribbling 'stream'"
- "My water doesn't work"
- "I can't pass water/pee"
- "I used to be able to write my whole name in the snow – even dotted the 'i'. But I can't even write my first name in snow banks anymore"
- "I'm passing blood down there"
- "It burns when I pass water"

Most prostate problems are NOT cancer. Please talk with your healthcare provider.

[http: Mayoclinic.com](http://Mayoclinic.com); [http: cancer.gov](http://cancer.gov)

Excerpts from NACR's "Get on the Path to Prostate Health"; This Fact Sheet is dedicated to Walter Woods

Prostate Cancer Incidence Rates - Males, 1999-2004

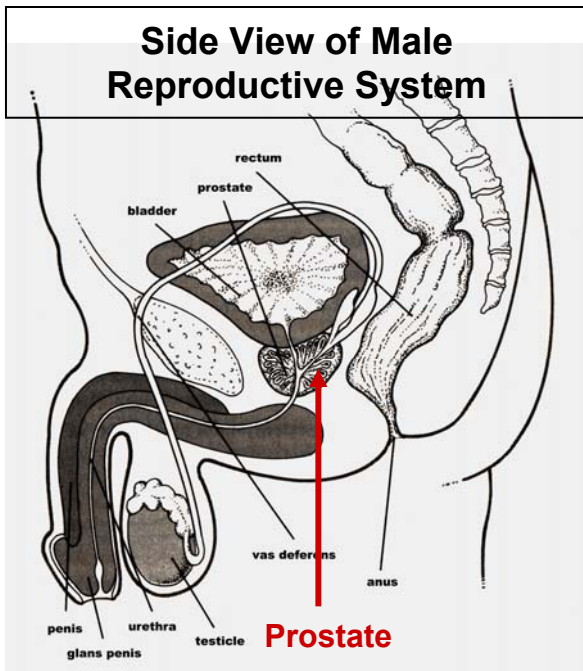


Graph Legend

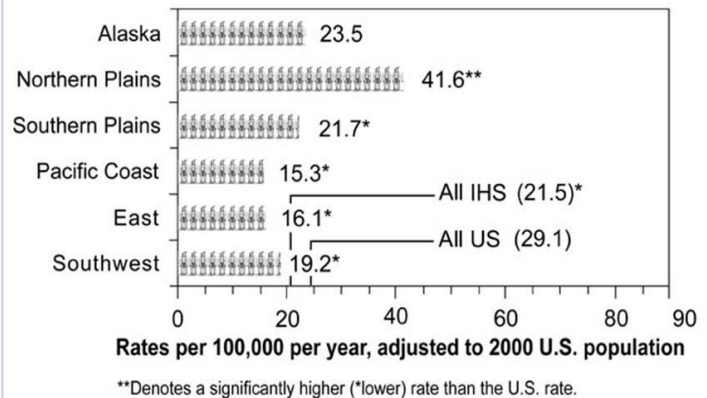
- CHSDA: IHS Contract Health Service Delivery Area
- NHW: Non-Hispanic White
- Alaska: includes *all* of Alaska
- Northern Plains: 11 states: IA, IL, IN, MI, MN, MT, NE, ND, SD, WI, WY
- Southern Plains: 3 states: KS, OK, TX
- Pacific Coast: 4 states: CA, ID, OR, WA
- East: 25 states, such as FL, GA, MO, MS, NC, NY, PA, TN
- Southwest; AZ, CO, NM, NV, UT

Espey, David K; Wo, Xiao-Chen; Swan Judith; Wiggins, Charles; Jim, Melissa A.; Ward, Elizabeth A.G.; Miller, Barry A.; Jemal, Ahmedin; Ahmed, Faruque; Cobb, Nathaniel; Kaur, Judith S.; and Ec to the Nation on the Status of Cancer, 1975-2004, Featuring Cancer in American Indians and Alaska Cancer Society; 2007 [11-15-07]; Volume 110: No. 10. GRAPH MODIFIED BY Rick Clark, Native Am

Side View of Male Reproductive System



Prostate Cancer Mortality Rates Males, 1999-2003



Haverkamp D, Espey D, Paisano R, Cobb N. *Cancer Mortality Among American Indians and Alaska Natives: Regional Differences, 1999-2003*. Indian Health Service, Rockville, MD, February 2008. GRAPHS MODIFIED BY: Rick Clark, Native American Cancer Research (note horizontal grid)

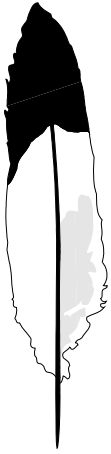
What is prostate cancer?

- Cancer cells form in the prostate gland
- The prostate gland is part of the male reproductive system (part of semen)
- It is located below the bladder, in front of the rectum
- It surrounds the urethra (tube that empties urine from the bladder)

Prostate Cancer & Native Men Facts

- Prostate cancer has no prejudices: Native men do get prostate cancer
- Much more common among Northern and Southern Plains' Natives
- Most men over 80 years have prostate cancer cells (may be normal part of aging)
- But most older men do not die *because of prostate cancer*
- The cancer may just "exist" and cause the man few problems
- For those who do have problems, treatment choices are available.
- Talk with your healthcare provider

What are Prostate Health Screening Tests?



📦 “Prostate Specific Antigen” = PSA

- ⊕ Blood test
- ⊕ Recommended as part of annual checkups
- ⊕ For men over 50 years old
- ⊕ For younger men who are at high risk for the disease
- ⊕ Healthy men have <4.0 ng/mL in their blood

An enlarged prostate is common in men as they age. Older men still need to get checked by a provider.

📦 Digital Rectal Exam (DRE) Physical exam by the provider

- ⊕ Provider feels the prostate with a finger through the wall of the rectum to try to find
 - ▲ Unusual lumps
 - ▲ Uneven surfaces

📦 New tests are being developed!

Prostate Health Screening

- 📦 If you have an abnormal test, you need to follow-up with your healthcare provider within 1-2 weeks
- 📦 During that time, you may want to discuss the abnormal test findings with other doctors, your family, your traditional Indian healer or spiritual leader
- 📦 Cancer symptoms may “come” and “go”. They may be due to an infection
- 📦 They may become worse as prostate cancer grows.
- 📦 For most men 50 years old who are at “average” or “normal” risk for cancer, and have an abnormal test finding, RARELY has it spread to other parts of the body.
- 📦 Cancer spreads slowly

PSA Tests (nanograms per milliliter circulating in the blood (ng/mL))	
PSA Level	Probability of Cancer
0-2 ng/mL	1%
2-4 ng/mL	15%
4-10 ng/mL	25%
>10 ng/mL	>50%

As cited on 05-07-2010 from MD Anderson website: <http://www.mdanderson.org>



Abe Conklin
[Ponca-Osage]
Dx 1987 Prostate

Excerpt from Abe's Story

I noticed that I had been having problems urinating, and it was getting worse and worse.

and we should go check it out, and do a . . . biopsy

They did this, and it come back benign and I was really happy about that. [Later the provider] said "We should go in and do some a surgery on this prostate gland." He came in and he said "You know after we got all that tissue out of there, it was cancerous". That was the first time that it really hit me. It kind of put fear into me. I knew then that I should have gone earlier.

So I went on to the [ceremonial] dances in Chicago, when I got back I went to my doctor... and he took me to this hospital... And said ... my prostate gland was enlarged

What are protective behaviors to reduce the risk of prostate cancer?

- 🍷 Low-fat, high fruits and vegetable diets
- 🍷 Daily physical activity
- 🍷 Maintain recommended body weight
- 🍷 Follow prostate health screening guidelines
 - 🕒 Men 50 years old and older need to be screened even if they have NO SYMPTOMS
 - 🕒 Men who have family history or symptoms should begin screening at a younger age

The “shield” of health protecting against prostate cancer may include daily physical activity, healthy, low fat, diet limited or no alcohol, and so on

Risks that “damage” the shield of health include:

1. Male
2. Age: Men over 50 (risk increases as you get older)
3. Family history (“1st degree relative”: brother, father, son)
4. Race
 - a. African Americans have 2 times the incidence as white men
 - b. Northern or Southern Plains higher incidence than other tribal Nations
5. Diet (high-fat, especially animal fats)
6. Alcohol (>14 drinks a week)
7. Hormones (high testosterone)
8. Chemical exposure (Cadmium exposure; rubber industry)
9. Abuse / habitual use of tobacco (possible)
10. Multiple sexual partners (↑ STDs)

What “causes” prostate cancer?

- 🍷 “Cause” means there is a direct link between the behavior or “factor” eventually resulting in cancer (like habitual use of manufactured tobacco causing lung problems)
 - 🕒 The “cause” is unknown
- 🍷 “Risk Factor(s)” usually refers to behaviors / exposures to something that increases your chances of getting cancer (see the shield of health / risks)

What does the shield below tell you about this man’s cancer risks?



The shield of health / risks



The holes mean the man has risks for prostate cancer

Partially supported by “Native Navigators and the Cancer Continuum (NNACC) [PI: Burhansstipanov, R24MD002811]

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