

One man out of every six will get develop prostate cancer in his lifetime. Did you know that this is the most common form of cancer in men and is second only to lung cancer in cancer deaths in men? The great news is that this form of cancer is highly treatable. In fact, the five-year relative survival rate is nearly 100 percent. Even so, this year thousands of men will die from the disease. But that doesn't have to be the case. That is why it's so important to detect the disease early, when it's easier to treat. September is National Prostate Cancer Awareness Month, so it's a great time to learn more about the disease and what you can do to detect it early.

## What is the prostate?

The prostate is a walnut-sized gland that is involved in the male reproductive system. It is located just beneath the bladder and actually surrounds a section of the urethra, the tube that carries urine from the bladder, out of the body. Because of its location, prostate cancer can be difficult to treat.

Prostate cancer is a common type of cancer, but it typically grows very slowly when compared to other types of cancer. While the causes of prostate cancer remain a mystery, studies have shown that men with certain risk factors are more likely to develop the disease. Risk factors include:

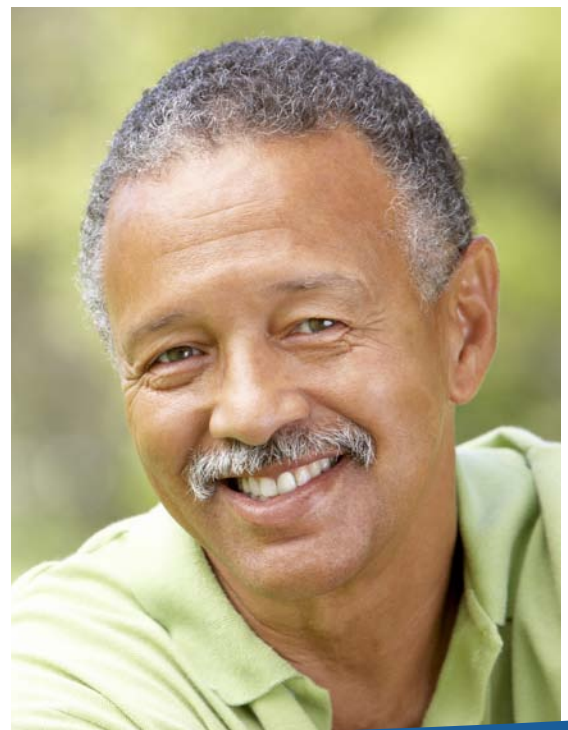
- **Age** – More than 75 percent of men diagnosed with prostate cancer are older than age 65.
- **Family history** – Men with close family members (father or brother) who have had prostate cancer are at greater risk.
- **Nutrition** – A diet high in animal fats or meat may increase the risk.
- **Race and ethnicity** – Prostate cancer is more common in African-American men than in white men and all other ethnic groups.

## Signs and Symptoms

Signs and symptoms of prostate cancer depend on how advanced the cancer is and how far it has spread. Unfortunately, because of its slow growth, prostate cancer usually doesn't produce noticeable symptoms in its early stages. However, as the disease progresses, a man might experience troubles with urination such as starting and stopping, weak flow or frequent urination, especially at night.

## Prevention and Early Detection

Even though there may be no physical signs during the early stages of prostate cancer, early detection may still be possible. The main screening tools for prostate cancer are the prostate-specific antigen (PSA) blood test and the digital rectal exam (DRE). All men, especially those over age 50, should talk with their doctors about their individual risk of prostate cancer and about the appropriate screenings.



Contact a Health Coach at 866-564-5237 or visit [www.GetHealthyTools.com](http://www.GetHealthyTools.com) for more information about lifestyle changes you can make to improve your health.

# Success Stories

"With the help of my Health Coach and this program, I am happy to say that I have been smoke-free for the past four months."

## Success Story

This coaching program has been a wonderful experience for my family and me. Like so many people who smoke, I wanted to quit but always had trouble pulling it off. With the help of my Health Coach and this program, I am happy to say that I have been smoke-free for the past four months—and it feels great! I have also started drinking more water and totally cut out regular sodas, which has helped me lose about 5 pounds. I feel better, I look better and I'm in a better mood. My family is also making healthy changes. My wife quit smoking, and my kids are eating healthier! Thank you for everything.

*Karl*



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## Coach Highlight

Health coaching can be a very rewarding and challenging job. It is so satisfying when you are able to help people reach their goals. I really enjoy hearing the tone of a person's voice when he or she has made progress or actually reached a goal. I think one of the most important things I do as a Coach is something that cannot always be measured. When I stop and think about how the things we do can positively influence a person's quality of life and life span, it makes coaching a job that is well worth the effort.

*Dustin*

