

Prostate Cancer

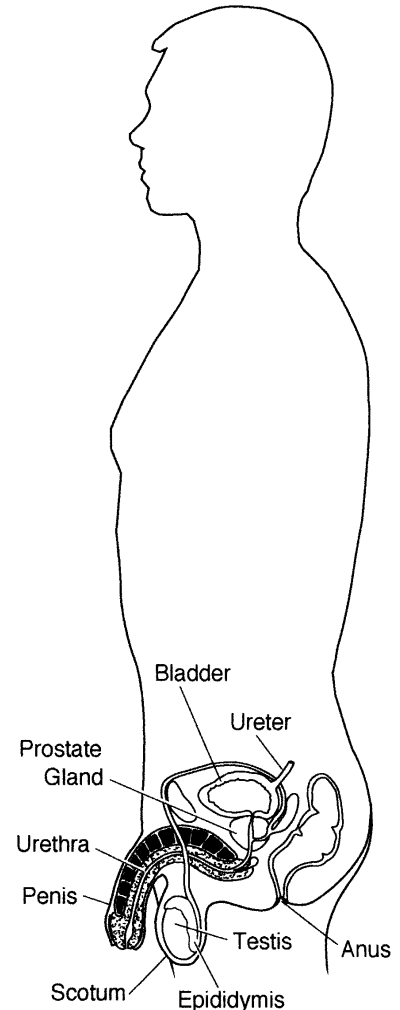
The prostate is a gland in men that makes a liquid that forms part of semen. Its size is about 2 centimeters by 2 centimeters and is located in the pelvic area. The prostate uses a male hormone called testosterone to work normally.

Signs of Prostate Cancer

You may not have any signs. Some men have:

- The need to urinate more often, especially at night
- A hard time starting to urinate or holding back urine
- Weak flow of urine
- Pain or burning with urination
- Painful release of semen through the penis during sex
- Blood in the urine or semen
- Pain or stiffness in the lower back, hips or upper thighs

See your doctor if you have any of these signs.



Cáncer de próstata

La próstata es una glándula masculina que produce un líquido que forma parte del semen. Mide alrededor de 2 cm por 2 cm y se ubica en el área pélvica. La próstata usa una hormona masculina llamada testosterona para funcionar normalmente.

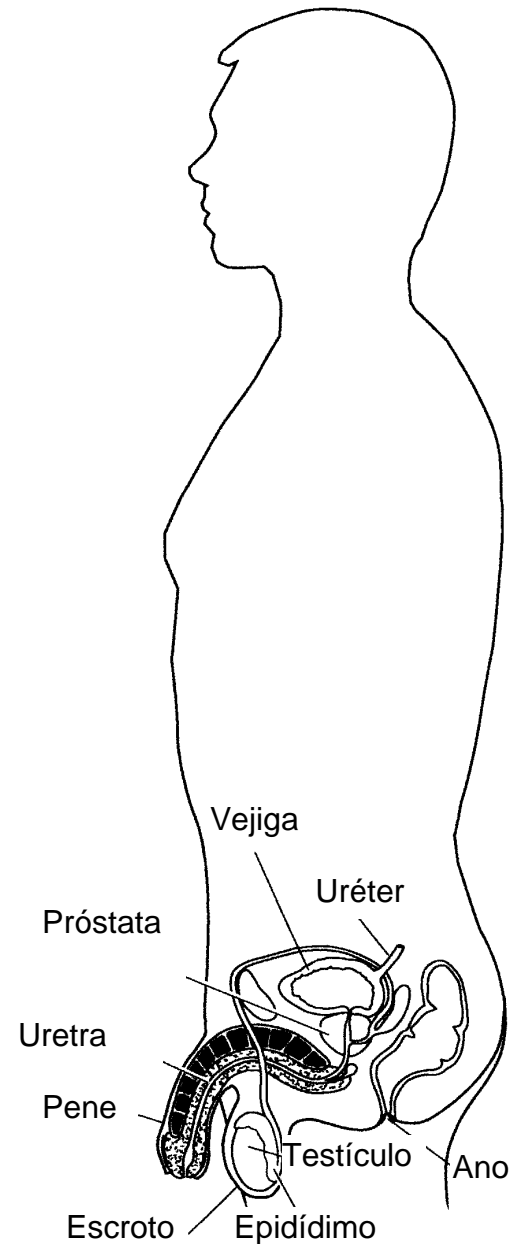
Síntomas del cáncer de próstata

Es posible que no presente síntomas.

Algunos hombres tienen:

- la necesidad de orinar con mayor frecuencia, especialmente de noche;
- dificultad para comenzar a orinar o retener la orina;
- flujo débil de orina;
- dolor o ardor al orinar;
- eyaculación dolorosa durante las relaciones sexuales;
- sangre en la orina o semen;
- dolor o rigidez en la parte inferior de la espalda, las caderas o la parte superior de los muslos.

Consulte a su médico si presenta cualquiera de estos síntomas.



Risk Factors for Prostate Cancer

You are at higher risk for prostate cancer if you:

- Are over age 50
- Have a father or a brother who has had prostate cancer
- Are of African descent
- Eat a diet high in animal fat

Testing for Prostate Cancer

Talk to your doctor about testing for prostate cancer. Yearly check-ups with your doctor are important to look for cancers early. Tests that should be done each year for men over age 50, or men of African descent over age 40, include:

- **PSA (prostate-specific antigen) blood test**

The level of PSA in the blood is high in men who have prostate cancer.

- **Rectal Exam**

Your doctor inserts a lubricated, gloved finger into your rectum to feel for hard or lumpy areas in the prostate.

If your test shows that you may have prostate cancer, other tests may be needed. A small amount of the prostate tissue may be removed to check for cancer cells. This is called a biopsy.

Factores de riesgo del cáncer de próstata

Tiene mayor riesgo de padecer cáncer de próstata si:

- tiene más de 50 años;
- tiene un padre o un hermano que ha tenido cáncer de próstata;
- es de ascendencia africana;
- consume una dieta rica en grasa animal.

Detección del cáncer de próstata

Hable con su médico sobre los exámenes para detectar el cáncer de próstata. Los controles anuales con su médico son importantes para detectar el cáncer precozmente. Los exámenes que se deben realizar todos los años los hombres mayores de 50 años o los hombres de ascendencia africana mayores de 40, incluyen:

- Examen de sangre del antígeno específico de la próstata (PSA)

El nivel de antígeno específico de la próstata en la sangre es alto en los hombres que tienen cáncer de próstata.

- Examen rectal

Su médico inserta un dedo protegido por un guante y lubricado en el recto para ver si existen áreas con durezas o protuberancias en la próstata.

Si el examen indica que tiene cáncer de próstata, puede que sea necesario realizar otros exámenes. Es posible que se extraiga una pequeña cantidad de tejido de la próstata para observar si existen células cancerosas. Esto se conoce como biopsia.

Your Care

If you have prostate cancer, your doctor will talk to you about your treatment choices. These may include:

- Surgery
- Radiation
- Chemotherapy
- Hormone therapy
- Watchful waiting

Talk to your doctor or nurse if you have any questions or concerns.

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Cuidados

Si tiene cáncer de próstata, su médico analizará con usted sus opciones de tratamiento. Éstas incluyen:

- cirugía;
- radioterapia;
- quimioterapia;
- tratamiento hormonal;
- espera vigilante.

Hable con su médico o enfermera si tiene alguna pregunta o inquietud.

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Prostate Cancer. Spanish.