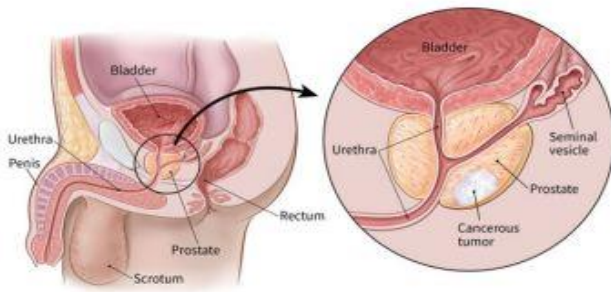


SEPTEMBER IS NATIONAL PROSTATE CANCER AWARENESS MONTH

WHAT IS PROSTATE CANCER?

Prostate Cancer is one of the leading cancers affecting men. According to the American Cancer Society, this form of cancer occurs when cells grow "out-of-control" in the prostate gland. This gland is...

below the bladder (the hollow organ where urine is stored) and in front of the rectum (the last part of the intestines). Just behind the prostate are glands called **seminal vesicles** that make most of the fluid for semen. The **urethra**, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate (<https://www.cancer.org/cancer/prostate-cancer/about/what-is-prostate-cancer.html>).



The National Cancer Institute says that Prostate Cancer is the second leading cause of cancer death among men. When death, and even serious disease, occurs, this disrupts not only the normal activities of the patient but also his family, friends, and community. Yet, for many members of various communities, there is little knowledge about this form of cancer. Even with the numbers of cases and even deaths at the following rates:

- About 248,530 new cases of prostate cancer
 - About 34,130 deaths from prostate cancer
- (<https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>)

WHO IS MOST AFFECTED?

There is a need for awareness of prostate cancer, particularly among Black men, who are most affected by this form of cancer. According to research, "the worldwide incidence of prostate cancer is higher among American black men than any other male group" especially Black men who have family members with a history of prostate cancer. Screening is one of the most effective ways to identify prostate cancer. However, the following are reasons why non-screening happens:

- 1) Lack of knowledge,
- 2) Lack of communication

- 3) Lack of social support
- 4) Lack of quality of care
- 5) Lack of sensitivity for discussion around sexual issues

For these and other reasons, men are reluctant to discuss or do not know or have the language to communicate issues with their prostate. One way to help alleviate this is to understand the symptoms associated with prostate cancer. According to the Centers for Disease Control and Prevention (CDC), the following are symptoms of prostate cancer:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty 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.

Some of these symptoms may be caused by conditions other than prostate cancer. However, if a man has any of the above symptoms, he should see a doctor-immediately.

PROSTATE CANCER CAN BE TREATED

Again, according to the CDC (https://www.cdc.gov/cancer/prostate/basic_info/treatment.htm), there are different degrees of prostate cancer and the speed of its growth makes a difference. The following are these degrees and options:

- **Expectant management.** If your doctor thinks your prostate cancer is unlikely to grow quickly, he or she may recommend that you don't treat the cancer right away. Instead, you can choose to wait and see if you get symptoms in one of two ways:
 - **Active surveillance.** Closely monitoring the prostate cancer by performing prostate specific antigen (PSA) tests and prostate biopsies regularly and treating the cancer only if it grows or causes symptoms.
 - **Watchful waiting.** No tests are done. Your doctor treats any symptoms when they develop. This is usually recommended for men who are expected to live for 10 more years or less.
- **Surgery.** A *prostatectomy* is an operation where doctors remove the prostate. Radical prostatectomy removes the prostate as well as the surrounding tissue.
- **Radiation therapy.** Using high-energy rays (similar to X-rays) to kill the cancer. There are two types of radiation therapy—
 - **External radiation therapy.** A machine outside the body directs radiation at the cancer cells.
 - **Internal radiation therapy (brachytherapy).** Radioactive seeds or pellets are surgically placed into or near the cancer to destroy the cancer cells (https://www.cdc.gov/cancer/prostate/basic_info/treatment.htm)

Other therapies used in the treatment of prostate can include—

- **Cryotherapy.** Placing a special probe inside or near the prostate cancer to freeze and kill the cancer cells.
- **Chemotherapy.** Using special drugs to shrink or kill the cancer. The drugs can be pills you take, or medicines given through your veins, or, sometimes, both.
- **Biological therapy.** Works with your body's immune system to help it fight cancer or to control side effects from other cancer treatments. Side effects are how your body reacts to drugs or other treatments.
- **High-intensity focused ultrasound.** This therapy directs high-energy sound waves (ultrasound) at the cancer to kill cancer cells.
- **Hormone therapy.** Blocks cancer cells from getting the hormones they need to grow (https://www.cdc.gov/cancer/prostate/basic_info/treatment.htm).

For more information, visit the National Cancer Institute's [Prostate Cancer Treatment Option Overview. external icon](#) This site can also help you find [a doctor or treatment facility external icon](#) that works in cancer care. Visit [Facing Forward: Life After Cancer Treatment external icon](#) for more information about treatment and links that can help with treatment choices.

CLINICAL TRIALS ARE HELPFUL

Consider joining a Clinical trial. [Clinical trials](#) use new treatment options and provide comprehensive care while testing the effectiveness of these treatments. Visit the sites listed below for more information (https://www.cdc.gov/cancer/prostate/basic_info/treatment.htm).

LEARN MORE ABOUT PROSTATE CANCER AND CLINICAL TRIALS ON OUR SEPTEMBER 24TH WEBINAR

Join the Health Education Ministry of the Mount Airy Baptist Church on **September 24th at 5:30 pm to learn more about Prostate Cancer, Clinical Trials and COVID-19.** This event will include doctors and experts in the field. Mark your calendars, it is an important event for you and your loved ones to attend 5:30 pm ET via Zoom.

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_WxLQxd4eRJ2oxQTJ56VXIA

The Mount Airy Baptist Church welcomes you to our services. For more information on how to worship and serve with us call: (202) 789-0640 or go to <http://mabcdc.org/>

Dr. Robin Kelley, Ministry Leader, Health Ministry Dr. Phyllis Mayo, Director, Christian
Education Ministry, [Dr. L.B. West, Senior Pastor](#)