

## SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

### “Wear Blue Day” – September 24, 2010

The Florida Department of Health (DOH) joins with health professionals and citizens statewide and across the nation in recognizing September as Prostate Cancer Awareness Month. The goal of Prostate Cancer Awareness Month is to reduce the burden of prostate cancer on men and families by raising awareness and educating men and their families about prostate cancer, its risk factors, and the importance of early detection and treatment.

According to the Centers for Disease Control and Prevention (CDC), prostate cancer is the most commonly diagnosed form of cancer among men in the United States (U.S.), other than some kinds of skin cancer. It is the second leading cause of cancer deaths and the seventh leading cause of death overall for men in this country. In 2010, the American Cancer Society (ACS) estimates that approximately 217,730 new cases of prostate cancer will be diagnosed in the U.S., resulting in an estimated 32,050 deaths nationally. In Florida, the ACS estimates that 14,610 men will be diagnosed with prostate cancer in 2010 and approximately 2,590 of them will die from the disease. Moreover, the death rate from prostate cancer for African-American men is nearly three times higher than for white men.

The Department encourages all men to be aware of the risk factors associated with developing prostate cancer and to take an active role in their health. Factors that may increase the risk of developing prostate cancer include:

**Age** – As a man ages, his risk increases. The average age of patients at the time of diagnosis is 65.

**Family history of prostate cancer** – A man’s risk is higher if his father, brother or son has had prostate cancer.

**Race** – The disease is more common in African-American men than in white men. African-American men are at a nearly 60 percent greater risk of developing prostate cancer than white men and are far more likely to die of the disease.

**Diet and dietary factors** – Some studies suggest that men who eat a diet high in saturated fat and red meat may be at increased risk for prostate cancer. There have also been some recent studies that found links between obesity and an increased risk of developing prostate cancer.

Because prostate cancer can be cured if caught early, men who have any of these risk factors should consult with their doctor about the appropriateness of screening. **Take a Loved One to the Doctor Day** on **Tuesday, September 21, 2010**, which is being promoted by the Department’s Office of Minority Health, provides an ideal opportunity to encourage men to make an appointment to talk to a doctor about the benefits and risks of being screened for prostate cancer.

On September 24, 2010, the Department's Men's Health Initiative is asking you to help observe September as Prostate Cancer Awareness Month by hosting a "Wear Blue Day" at your work place and in your local community to show your concern about prostate cancer and men's health in general. If you have activities planned or know of activities happening in your community and would like to have them posted on the Men's Health Initiative calendar, please send an e-mail to [menshealth@doh.state.fl.us](mailto:menshealth@doh.state.fl.us).

In recognition of September as Prostate Cancer Awareness Month, the Department's Comprehensive Cancer Control Program is also pleased to announce a **new** web-based educational module for health care professionals. The Florida Department of Health Chronic Disease Online Resource, housed at the St. Petersburg College web site, [www.onlinece.net](http://www.onlinece.net) will be hosting the new module entitled **Prostate Cancer: Epidemiology, Diagnostic Evaluation & Treatment**. This free, continuing education credit is for Florida physicians, nurses, dietetics professionals, and certified health educators.

For more information on prostate cancer and screening you should visit the National Cancer Institute's website at [www.cancer.gov](http://www.cancer.gov) or the Department's Comprehensive Cancer Control Program website at [www.doh.state.fl.us/family/cancer](http://www.doh.state.fl.us/family/cancer). You can also find information about prostate cancer and men's health in general on the Department of Health Men's Health Initiative website at [www.doh.state.fl.us/family/menshealth](http://www.doh.state.fl.us/family/menshealth).