



NBNA Men's Health Committee 2019-2020 Men's Health Tool Kit

PROSTATE HEALTH

Yolanda Scipio-Jackson BSN, RN
Clinical Care Coordinator
New Jersey Integrated BNA
ylsjrn1@gmail.com

Abstract/Background

According to the American Cancer Society (ACS) other than skin cancer, prostate cancer is the most common cancer in American men. The ACS estimates that within the United States for 2019 there will be about 174,650 new cases of prostate cancer and about 31,620 deaths from prostate cancer. Approximately 1 man in 9 will be diagnosed with prostate cancer during his lifetime. Prostate cancer is more likely to develop in older men and in African-American men. Prostate cancer is rare in men under 40. The average age at diagnosis is 66.

Prostate cancer is the second leading cause of cancer death in American men behind only lung cancer. About 1 man in 41 will die of prostate cancer. African American men are at greater risk for diagnoses and death for prostate cancer due to advanced or aggressive disease. While prostate cancer can be a serious disease, most men diagnosed with prostate cancer do not die from it.

Literature review reveals that screening guidelines are controversial between several organizations. Therefore, it is important for individuals to have the discussion with their medical provider. Cancer screening test, prostate-specific antigen (PSA) and digital rectal exam (DRE), may be suggested at an earlier age depending upon risk factors identified. Prostate cancer is treatable when caught early. However, interventions for treating prostate cancer have potential harms such as bladder and bowel complications and erectile dysfunction.

OUTLINE

Brief Overview

- Male reproductive system

Health Promotion Disease Prevention

What to expect during a prostate screening:

- Personal History
 - Signs/symptoms
 - Risk Factors
- Family History
- Physical exam
 - Digital Rectal Exam (DRE)
- Blood work
 - PSA
- PSA Levels
 - Age correlated

Does an elevated PSA indicate Prostate Cancer?

- 7 Common factors that may affect your PSA results
- Biopsy

Recommended imaging when diagnosed with Prostate Cancer

- Ultrasound
- Bone scan
- CT scan
- MRI
- PET scan

Treatment modalities

- Surgical
- Radiation
- Chemotherapy
- Hormone
- Active Surveillance

Potential side effects of treatments

- Infertility
- Urinary incontinence
- Reduced Sexual Desire
- Erectile Dysfunction

RESOURCES

1. Early Detection Screening Prevention
<https://news.cancerconnect.com/prostate-cancer/early-detection-screening-prevention-of-prostate-cancer>
2. African American Men More Likely to Die from Low-Grade Prostate Cancer-National Cancer Institute (NCI)
<https://www.cancer.gov/news-events/cancer-currents-blog/2019/>
3. 8 Easy Things You Can Do to Reduce Your Risk of Prostate Cancer
<https://www.menshealth.com/health/a19537335/8-steps-prevent-prostate-cancer/>
4. Prostate Cancer Prevention (PDQ). National Cancer Institute
https://www.cancer.gov/types/prostate/patient/prostate-prevention-pdq_09/30/2019
5. Prostate Cancer Prevention Screening (PDQ). National Cancer Institute
https://www.cancer.gov/types/prostate/prostate-screening-pdq_09/30/2019
6. Prostate Cancer Prevention. Prostate Cancer Foundation
<https://www.pcf.org/patient-resources/family-cancer-risk/prostate-cancer-prevention/09/30/2019>
7. What African-American Men Need to Know About Prostate Cancer Dana-Farber Cancer Institute.
<https://www.youtube.com/watch?v=1O8u4N3-WbQ>

IMAGES

8. https://www.bing.com/images/search?view=detailV2&id=F53768B83D20FEDFED0F5AE24A149CBA3D370BAA&thid=OIP.GR86A6mWjMDjnsLb_JbftwHaEK&mediurl=https%3A%2F%2Fslideplayer.com%2Fslide%2F6070020%2F18%2Fimages%2F11%2FMale%2BReproductive%2BSystem.jpg&exph=720&expw=1280&q=male+reproduction&selectedIndex=203&ajaxhist=0&vt=0&eim=1,2,6
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DISCUSSION

1. How many men have you encouraged to partake in a prostate screening?
2. What literature or resources do you have available to distribute within your community?
3. How will you motivate men in your community to get screened?