

# MEN'S HEALTH

## Understanding Prostate Cancer

(NAPSA)—Learning more about prostate cancer can help men better manage the disease. The news is significant, considering that 300,000 American men are diagnosed with prostate cancer each year and roughly one in 10 will die from it.

Experts offer the following Q & A as part of Prostate Awareness Month—a national event sponsored by the Prostate Cancer Coalition that takes place every September:

**Q:** What is prostate cancer?

**A:** Prostate cancer is a malignant growth of cells within the prostate (the walnut-sized gland located below the bladder and in front of the rectum).

**Q:** Who's at risk of prostate cancer?

**A:** Research has found the following factors increase a man's risk of prostate cancer:

- Age: Men over age 55.
- Family History: A man's risk of developing the disease is higher if his father or brother had it.
- Race: The disease is most common in African-American men and least common in Asian men.
- Diet: Some evidence indicates a diet high in fat increases a man's risk of prostate cancer and a diet high in fruits and vegetables can reduce that risk.

**Q:** What are the symptoms of prostate cancer?

**A:** There are often no symptoms associated with early prostate cancer. It can, however, cause a need to urinate frequently (especially at night), difficulty starting urination or holding back urine, inability to urinate and weak or interrupted flow of urine.

**Q:** Should I be screened for prostate cancer?

**A:** Most health care providers recommend men over age 50 talk to their doctors about prostate cancer screening.

**Q:** What's the best way to treat prostate cancer?

**A:** Treatment options depend on the stage of the disease and a number of factors, and are determined on a case-by-case basis. One treatment, for men with late-stage



**Men who detect their prostate cancer early generally have a number of treatment options.**

prostate cancer, called Viadur, is administered through a small implant, about the size of a matchstick, that's placed under the skin of the upper arm. The medicine, leuprolide acetate, released over time by the implant, lowers the body's testosterone levels, which has been shown to slow the growth of prostate cancer. The treatment continues to be released from the implant and is effective for 12 months, making it a convenient alternative for men who do require 12 months of hormonal therapy but do not wish to receive frequent and painful injections to help control the symptoms of prostate cancer. Viadur is indicated for palliative treatment of advanced prostate cancer.

Viadur should not be used by patients who are allergic to the drug leuprolide. Viadur should not be used by women of any age or by children. The most common side effects related to Viadur (leuprolide acetate implant) are hot flashes, lack of energy, depression, sweating, headache, bruising, and breast enlargement. Prostate cancer-related symptoms may become worse during the first few weeks of treatment. As with all hormone therapies, there is a chance that the patient's bones may become thinner if they use this type of drug for long periods of time. Prostate cancer patients should ask their doctor if there is a risk for them.

For more information, visit [www.viadur.com](http://www.viadur.com).