For Prostatitis
The prostate is inflamed or infected. This can be an acute or chronic problem.

For an Enlarged Prostate
• Normal aging. More than half of men in their 60s have benign prostatic hyperplasia (BPH). Up to 80 percent of men in their 70s and 80s may have BPH.
• Prostate infections can increase the risk.

For Prostate Cancer
• Aging. After age 50, the chances increase rapidly. About 80% of all cases occur in men over age 65.
• Race. African American men are twice as likely to get prostate cancer as Caucasian American men.
• Family history. The risk is higher than average if your father or brother has or had prostate cancer.
• Diet. Studies have shown that a diet high in dairy foods, calcium, or calcium supplements may raise the risk. A diet high in certain fruits and vegetables, including cooked tomato products, may lower the risk.

Prostate Problems
1. Prostatitis (PRAH-stuh-TY-tis). With this, the prostate gland is inflamed or infected. This can be an acute or chronic problem.
2. Enlarged prostate. This is also called BPH. This stands for benign (be-NINE) prostatic (prah-STA-tik) hyperplasia (HY-per-PLAY-sha). This is the most common prostate problem in men over age 50. BPH is not cancer. It just means the prostate keeps growing.
3. Prostate cancer. This is the second most common type of cancer that men get. (Skin cancer is the first.) Prostate cancer is much less common than BPH.

For Prostatitis
• Pain and burning when you urinate, have an erection, or ejaculate
• Strong urges to urinate. You urinate often, even at night.
• A hard time starting to urinate. You don’t empty your bladder all the way.
• Pain in your lower back and/or between the scrotum and anus
• Blood in the urine
• Fever and/or chills

For an Enlarged Prostate
• Increased urge to urinate
• You urinate often, especially during the night. Delay in onset or decreased or slow stream when you urinate
• You don’t empty your bladder all the way.

For Prostate Cancer
Prostate cancer may have no symptoms until it is advanced. When symptoms occur, they include:
• Symptoms of an enlarged prostate
• Blood in the urine
• Swollen lymph nodes in the groin area
• Erectile dysfunction

What should you do if you have any of these signs?
If you can’t pass urine at all, get medical help right away. For other signs and symptoms, see your doctor.

Prostate Health
Prostate Health What You Need To Know
This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor’s or health care provider’s advice.

Permafold® Topics
1. Prostate Gland & Prostate Problems
2. Causes & Risk Factors
3. Signs & Symptoms
4. Diagnosis
5. Screening Tests
6. Treatment for Prostatitis & BPH
7. Treatment for Prostate Cancer
8. Self-Care
9. Men’s Tests & Exams

Reviewed and Approved by the Senior Medical Advisory Board

1. Prostate Gland
The prostate gland is part of a man’s sex organs.
• It helps make semen, the fluid that contains sperm.
• It is under the bladder and in front of the rectum. This tube empties urine from the bladder.
• It is about the size of a walnut in a young man and slowly gets larger with age.

2. Causes & Risk Factors
1. Prostatitis (PRAH-stuh-TY-tis). With this, the prostate gland is inflamed or infected. This can be an acute or chronic problem.
2. Enlarged prostate. This is also called BPH. This stands for benign (be-NINE) prostatic (prah-STA-tik) hyperplasia (HY-per-PLAY-sha). This is the most common prostate problem in men over age 50. BPH is not cancer. It just means the prostate keeps growing.
3. Prostate cancer. This is the second most common type of cancer that men get. (Skin cancer is the first.) Prostate cancer is much less common than BPH.

3. Signs & Symptoms
For Prostatitis
• Pain and burning when you urinate, have an erection, or ejaculate
• Strong urges to urinate. You urinate often, even at night.
• A hard time starting to urinate. You don’t empty your bladder all the way.
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• Blood in the urine
• Fever and/or chills

For an Enlarged Prostate
• Increased urge to urinate
• You urinate often, especially during the night. Delay in onset or decreased or slow stream when you urinate
• You don’t empty your bladder all the way.

For Prostate Cancer
Prostate cancer may have no symptoms until it is advanced. When symptoms occur, they include:
• Symptoms of an enlarged prostate
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• Swollen lymph nodes in the groin area
• Erectile dysfunction

What should you do if you have any of these signs?
If you can’t pass urine at all, get medical help right away. For other signs and symptoms, see your doctor.

4. Diagnosis
• Your doctor will do an exam and ask questions, such as, What symptoms do you have? How much do they bother you? Did your father or brother have prostate problems? Be ready to answer these questions before you see the doctor.
• Your doctor may ask for a sample of your urine. If there is bacteria in your urine, an antibiotic is prescribed. This kills the germ that causes the infection. Some men keep getting this kind of infection. Why? They may have a defect in the prostate gland that allows bacteria to grow. Surgery can correct this problem.
• If no bacteria is found, your doctor looks for other problems that could cause your symptoms. He or she may order tests to screen for other prostate problems.

Your doctor will do an exam and ask questions, such as, What symptoms do you have? How much do they bother you? Did your father or brother have prostate problems? Be ready to answer these questions before you see the doctor.
• Your doctor may ask for a sample of your urine. If there is bacteria in your urine, an antibiotic is prescribed. This kills the germ that causes the infection. Some men keep getting this kind of infection. Why? They may have a defect in the prostate gland that allows bacteria to grow. Surgery can correct this problem.
• If no bacteria is found, your doctor looks for other problems that could cause your symptoms. He or she may order tests to screen for other prostate problems.
Prostate Health
What You Need To Know

Permafold® Topics
1. Prostate Gland & Prostate Problems
2. Causes & Risk Factors
3. Signs & Symptoms
4. Diagnosis

1. Prostate Gland & Prostate Problems

- The prostate gland is part of a man’s sex organs.
- It helps make semen, the fluid that contains sperm.
- It is under the bladder and in front of the rectum.
- It surrounds the upper part of the urethra. This tube empties urine from the bladder.
- It is about the size of a walnut in a young man and slowly gets larger with age.

For Prostatitis
- The prostate is inflamed or infected. This can be an acute or chronic problem.

For an Enlarged Prostate
- Normal aging. More than half of men in their 80s have benign prostatic hyperplasia (BPH). Up to 80 percent of men in their 70s and 80s may have BPH.
- Prostate infections can increase the risk.

For Prostate Cancer
- Aging. After age 50, the chances increase rapidly.
- About 80% of all cases occur in men over age 65.
- Race. African American men are twice as likely to get prostate cancer as Caucasian American men.
- Family history. The risk is higher than average if your father or brother has or had prostate cancer.
- Diet. Studies have shown that a diet high in dairy foods, calcium, or calcium supplements may raise the risk. A diet high in certain fruits and vegetables, including cooked tomato products, may lower the risk.

2. Causes & Risk Factors

- Normal aging.
- Prostate infections can increase the risk.
- Prostate infections can increase the risk.
- Prostate infections can increase the risk.

3. Signs & Symptoms

4. Diagnosis

- Prostate cancer is much less common than BPH.
- Prostate cancer. It just means the prostate keeps growing.
- Prostate hyperplasia (HY-per-PLAY-sha). This is the most common prostate problem in men over age 50. BPH is not cancer.
- Prostatitis (PRAH-stuh-TY-tis). This is also called BPH. It includes both bacterial (about 75%) and non-bacterial (25%) types of inflammation. Non-bacterial prostatitis is more common than bacterial prostatitis.
- Diet. Studies have shown that a diet high in dairy foods, calcium, or calcium supplements may raise the risk. A diet high in certain fruits and vegetables, including cooked tomato products, may lower the risk.

For Prostatitis
- Pain and burning when you urinate, have an erection, or ejaculate
- Strong urges to urinate. You urinate often, even at night.
- A hard time starting to urinate. You don’t empty your bladder all the way.
- Pain in your lower back and/or between the scrotum and anus
- Blood or pus in your semen

For an Enlarged Prostate
- Increased urge to urinate
- You urinate often, especially during the night
- Delay in onset or decreased or slow stream when you urinate
- You don’t empty your bladder all the way

For Prostate Cancer
- Prostate cancer may have no symptoms until it is advanced. When symptoms occur, they include:
- Blood in the urine
- Swollen lymph nodes in the groin area
- Erection dysfunction

What should you do if you have any of these signs?
If you pass urine at all, get medical help right away. For other symptoms, see your doctor.

For an Enlarged Prostate
- Increased urge to urinate
- You urinate often, especially during the night
- Delay in onset or decreased or slow stream when you urinate
- You don’t empty your bladder all the way

For Prostate Cancer
- Prostate cancer may have no symptoms until it is advanced. When symptoms occur, they include:
- Blood in the urine
- Swollen lymph nodes in the groin area
- Erection dysfunction

What should you do if you have any of these signs?
If you pass urine at all, get medical help right away. For other symptoms, see your doctor.

• Your doctor will do an exam and ask questions, such as, What symptoms do you have? How much do they bother you? Did your father or brother have prostate problems? Be ready to answer these questions before you see the doctor.
• Your doctor may ask for a sample of your urine. If this shows bacteria, an antibiotic is prescribed. This kills the germ that causes the infection. Some men keep getting this kind of infection. Why? They may have a defect in the prostate gland that allows bacteria to grow. Surgery can correct this problem.
• If no bacteria is found, your doctor looks for other problems that could cause your symptoms. He or she may order tests to screen for other prostate problems.
1. Prostate Gland & Prostate Problems

The prostate gland is part of a man’s sex organs. It helps make semen, the fluid that contains sperm. It is under the bladder and in front of the rectum. It surrounds the upper part of the urethra. This tube empties urine from the bladder.

It is about the size of a walnut in a young man and slowly gets larger with age.

For Prostatitis

- The prostate is inflamed or infected. This can be an acute or chronic problem.

For an Enlarged Prostate

- Normal aging. More than half of men in their 40s have benign prostatic hyperplasia (BPH). Up to 80 percent of men in their 70s and 80s may have BPH.
- Prostate infections can increase the risk.

For Prostate Cancer

- Aging. After age 50, the chances increase rapidly.
- Breastfeeding. Women who breastfed are 20 percent less likely to get prostate cancer as African American men.
- Race. African American men are twice as likely to get prostate cancer as Caucasian American men.
- Family history. If one of your father or brother have prostate problems, you are more likely to have prostate cancer.
- Age. More than half of men in their 60s have benign prostatic hyperplasia (BPH). Up to 80 percent of men in their 70s and 80s may have BPH.

2. Causes & Risk Factors

- Aging.
- African American men.
- Prostatitis.
- Diet.
- Studies have shown that a diet high in dairy foods, calcium, or calcium supplements may raise the risk. A diet high in certain fruits and vegetables, including cooked tomato products, may lower the risk.

3. Signs & Symptoms

- Blood in the urine
- Blood in the semen
- Fever and/or chills

For an Enlarged Prostate

- Increased urge to urinate
- You urinate often, especially during the night.
- Strong urges to urinate. You urinate often, even at night.
- A hard time starting to urinate. You don’t empty your bladder all the way.
- Pain in your lower back and/or between the scrotum and anus
- Blood in the urine
- Fever and/or chills

For Prostate Cancer

- You urinate often, especially during the night.
- You don’t empty your bladder all the way.
- Delay in onset or decreased or slow stream when you urinate
- Blood in the urine
- Swollen lymph nodes in the groin area
- Erectile dysfunction

What should you do if you have any of these signs?

If you pass urine at all, get medical help right away. For other signs and symptoms, see your doctor.

4. Diagnosis

- Your doctor will do an exam and ask questions, such as: What symptoms do you have? How much do you bother you? Did your father or brother have prostate problems? Be ready to answer these questions before you see the doctor.
- Your doctor may ask for a sample of your urine. If this shows bacteria, an antibiotic is prescribed. This kills the germ that causes the infection.
- Some men keep getting this kind of infection. Why? They may have a defect in the prostate gland that allows bacteria to grow. Surgery can correct this problem.
- Have you ever had tetanus? If so, your doctor may prescribe tetanus vaccine to prevent this disease.
- If your father or brother have prostate problems, your doctor may order tests to screen for other prostate problems.
5. Screening Tests

The tests listed below help the doctor find out if the problem is an enlarged prostate or prostate cancer. Digital rectal exam. This is done in the doctor’s office. The doctor puts a glove on and inserts a finger into the rectum. The doctor feels the part of the prostate that sits next to the rectum. This test helps the doctor find out the size of the prostate.

• PSA blood test. A high PSA may be a sign of prostate cancer. It could be a sign of BPH or prostate cancer. PSA blood tests are not a sure thing to detect prostate cancer.

• Imaging. Certain X-rays or other tests are done to get a picture of the prostate.

6. Treatment for Prostatitis & BPH

For Prostatitis

• Acute and chronic bacterial infections are treated with antibiotics.
• For an infected prostate without a bacterial infection, treatment depends on the cause. Medications to treat pain and other symptoms are part of the treatment.

For BPH

When symptoms are minor; no treatment may be needed at that time. The BPH is monitored to see if it causes problems or gets worse.

• Medicine. One type helps relax the bladder neck muscle and the prostate. Another type causes the prostate to shrink.

• Surgery.* There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

7. Treatment for Prostate Cancer

Treats prostate cancer. It is expected to grow or if it has spread beyond the prostate gland.

Treatments includes:

• Watchful waiting. This is also called active surveillance. It means getting no treatment at that time, but having tests, such as every 3, 6, or 12 months, to check for changes that may need treatment. If changes occur or if symptoms worsen, you may choose to have treatment.

• Surgery. There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

• Radiation therapy. With one type, radioactive material is placed inside the prostate gland. Another type uses a large machine outside the body to target the cancer cells.

• Hormone therapy. This uses drugs or surgery to keep prostate cancer cells from making male hormones, such as testosterone, which can cause prostate cells to grow.

• Chemotherapy. Drugs, often given through an IV, kill cancer cells.

• Immune therapy. This uses your own blood to make a vaccine that stimulates your immune system to kill the cancer cells.


8. Self-Care

For Prostatitis

• Take antibiotics, as prescribed.
• Rest until fever and pain are gone.
• Take an over-the-counter medicine for pain and swelling, if needed. Take as directed.

For BPH

• Stay sexually active.
• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.
• Discuss the use of the OTC plant extract saw palmetto with your doctor before you take it.

For Both an Enlarged Prostate and Prostatitis

• Don’t smoke.
• Reduce stress.
• Take warm baths.
• Don’t let your bladder get too full. Urinate as soon as you get the urge. Relax when you urinate.
• Drink 8 or more glasses of water every day. Don’t drink liquids before going to bed.
• Avoid alcohol and caffeine, especially after dinner.
• Avoid extra fluids if you are taking diuretics. If you are taking these to reduce fluid in your body, you may need to drink more liquid or fluids.

9. Men’s Tests & Exams*

For More Information, Contact:

Urology Care Foundation
www.urologyhealth.org

Test or Exam

Ages 18-40

Ages 40-50

Ages 50+

Cholesterol Screening

Every 6-12 months

Physical Exam

As advised by your doctor

Blood Pressure

Each office visit; at least every 2 years

Vision Exam

As advised by your doctor

Prostate Cancer Screening

Discuss with your doctor

Breast Cancer Screening

Ages 45-50

Abdominal-Aortic Aneurysm Screening

One-time screening for men ages 65-75 who have ever smoked

* This should also be screened for in all adults, regardless of sex, age, race, ethnicity, or sexual orientation.

+ Extra tests for highrisk factors may be needed. Follow your doctor’s advice for tests and exams.

* A prostate-specific antigen (PSA) blood test screening guideline only with different health groups. Ask your doctor if it is at what age you should discuss the potential benefits and risks of PSA testing.

For Prostatitis

• Take antibiotics, as prescribed.
• Rest until fever and pain are gone.
• Take an over-the-counter medicine for pain and swelling, if needed. Take as directed.

For BPH

• Stay sexually active.
• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.
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Urology Care Foundation
www.urologyhealth.org

Test or Exam

Ages 18-40

Ages 40-50

Ages 50+

Cholesterol Screening

Every 6-12 months

Physical Exam

As advised by your doctor

Blood Pressure

Each office visit; at least every 2 years

Vision Exam

As advised by your doctor

Prostate Cancer Screening

Discuss with your doctor

Breast Cancer Screening

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One-time screening for men ages 65-75 who have ever smoked

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* A prostate-specific antigen (PSA) blood test screening guideline only with different health groups. Ask your doctor if it is at what age you should discuss the potential benefits and risks of PSA testing.

For Prostatitis

• Take antibiotics, as prescribed.
• Rest until fever and pain are gone.
• Take an over-the-counter medicine for pain and swelling, if needed. Take as directed.

For BPH

• Stay sexually active.
• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.
• Discuss the use of the OTC plant extract saw palmetto with your doctor before you take it.

For Both an Enlarged Prostate and Prostatitis

• Don’t smoke.
• Reduce stress.
• Take warm baths.
• Don’t let your bladder get too full. Urinate as soon as you get the urge. Relax when you urinate.
• Drink 8 or more glasses of water every day. Don’t drink liquids before going to bed.
• Avoid alcohol and caffeine, especially after dinner.
• Avoid extra fluids if you are taking diuretics. If you are taking these to reduce fluid in your body, you may need to drink more liquid or fluids.

For More Information, Contact:

Urology Care Foundation
www.urologyhealth.org
5. Screening Tests

The tests listed below help the doctor find out if the problem is an enlarged prostate or prostate cancer. Digital rectal exam. This is done in the doctor’s office. The doctor puts a glove on and inserts a finger into the rectum. The doctor feels the part of the prostate that sits next to the rectum. This test helps the doctor find out the size of the prostate. 

PSA blood test. A high PSA may be a sign of prostate cancer. It could be a sign of BPH or prostatitis, too. PSA blood tests are not a sure thing to detect prostate cancer.

6. Treatment for Prostatitis & BPH

Treatment depends on the man’s age and general health. It also depends on how the cancer is growing if it has spread beyond the prostate gland.

For Prostatitis
• Acute and chronic bacterial infections are treated with antibiotics.
• For an enlarged prostate without an infection, treatment depends on the cause. Medications to treat pain and other symptoms are part of the treatment.

For BPH
• Watchful waiting. When symptoms are minor, no treatment may be needed at that time. The BPH is monitored to see if it causes problems or gets worse.
• Medicine. One type helps relax the bladder neck muscle and prostate. Another type causes the prostate to shrink.
• Surgery. There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

7. Treatment for Prostate Cancer

Treatment includes:
• Watchful waiting. This is called active surveillance. It means getting no treatment at that time, but having tests, such as every 3, 6, or 12 months, to check for changes that may need treatment. If changes occur or if symptoms worsen, you may choose to treat.
• Surgery. There are many types. Ask your doctor which ones are best for you. Discuss the pros and cons for each type with your doctor.
• Radiation therapy. With one type, radioactive material is placed outside the prostate. Another type uses a large machine outside the body to target the cancer cells.
• Hormone therapy. This uses drugs or surgery to keep prostate cancer cells from getting male hormones, such as testosterone, which can cause prostate cancers to grow.
• Chemotherapy. Drugs, often given through an IV, kill cancer cells.
• Immunotherapy. This uses your own blood cells to make a vaccine that stimulates your immune system to kill the cancer cells.

8. Self-Care

Prostatitis & BPH

• Relaxation. This helps relax the bladder neck muscle and prostate. Another type causes the prostate to shrink.
• Medication. One type helps relax the bladder neck muscle and prostate. Another type causes the prostate to shrink.
• Surgery. There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

For Prostate
• Take antibiotics, as prescribed.
• Rest until fever and pain are gone.
• Take an over-the-counter medicine for pain and swelling, if needed. Take as directed.

For BPH
• Stay sexually active.
• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.
• Discuss the use of the OTC plant extract saw palmetto with your doctor before you take it.

For Both an Enlarged Prostate and Prostate Cancer
• Don’t smoke.
• Reduce stress.
• Take warm baths.
• Don’t let your bladder get too full. Urinate as soon as you get the urge. Relax when you urinate.
• Drink 8 or more glasses of water every day. Don’t drink liquids before going to bed.
• Avoid alcohol and caffeine, especially after dinner. Prostate problems are only one health concern for men. Get regular checkups to screen for other problems, too. See “Men’s Tests & Exams” on the next panel.

9. Men’s Tests & Exams*

Test or Exam* Ages 18-40 Ages 40-50 Ages 50+ 

Dental Checkup Every 6-12 months

Physical Exam As advised by your doctor

Blood Pressure Each office visit; at least every 2 years

Vision Exam As advised by your doctor

Digital Rectal Exam Discuss with your doctor

Prostate Cancer Screening Discuss with your doctor

Cancer Screening

Ages 18-39

Abdominal-Aortic Aneurysm Screening 

One-time screening for men ages 55-75 who have ever smoked

Ages 50+

Aneurysm Screening 

One-time screening for men ages 55-75 who have ever smoked

Ages 50+

* You should also be screened for alcohol misuse, depression, obesity, intimate partner violence, and suicidal ideation. It is recommended that all men who have ever smoked visit a doctor for advice on tests and exams.

1. Prostate-specific antigen (PSA) blood test screening guidelines vary with different health groups. Ask your doctor if and at what age you should start discussing the benefits and risks of PSA testing.

2. Discuss screening test options with your doctor. When necessary, treatment is needed depends on the health group and your personal risk factors.

For More Information, Contact:

Urology Care Foundation www.urologyhealth.org

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The tests listed below help the doctor find out if the problem is an enlarged prostate or prostate cancer.

Digital rectal exam. This is done in the doctor’s office. The doctor puts a glove on and inserts a finger into the rectum. The doctor feels the part of the prostate that sits next to the rectum. This test helps the doctor find out the size of the prostate.

• PSA blood test. A high PSA may be a sign of prostate cancer. It could be a sign of BPH or prostatitis, too. PSA blood tests are not a sure thing to detect prostate cancer.

Imaging. Certain X-rays or other tests are done to get a picture of the prostate.

• Urine flow study. A special device you urinate into measures how fast your urine flows. A reduced flow could mean that you have BPH.

• Watchful waiting. When symptoms are minor, no treatment may be needed at that time. The BPH is monitored to see if it causes problems or gets worse.

• Medical. One type helps relax the bladder neck muscle and the prostate. Another type causes the prostate to shrink.

• Surgery.* There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

For BPH

• Watchful waiting. When symptoms are minor, no treatment may be needed at that time. The BPH is monitored to see if it causes problems or gets worse.

• Surgery.* There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

For Prostatitis

• Acute and chronic bacterial infections are treated with antibiotics.

• For an enlarged prostate without a bacterial infection, treatment depends on the cause. Medications to treat pain and other symptoms are part of the treatment.

For Prostate Cancer

• Digital rectal exam. This is done in the doctor’s office. The doctor puts a glove on and inserts a finger into the rectum. The doctor feels the part of the prostate that sits next to the rectum. This test helps the doctor find out the size of the prostate.

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Treatment includes:

• Watchful waiting. This is also called active surveillance. It means getting no treatment at that time, but having tests, such as every 3, 6, or 12 months, to check for changes that may need treatment. If changes occur or if symptoms worsen, you may choose to have treatment.

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• Radiation therapy. With one type, radioactive material is placed inside the prostate gland. Another type uses a large machine outside the body to target the cancer cells.

• Hormone therapy. This uses drugs or surgery to keep prostate cancer cells from getting male hormones, such as testosterone, which can cause prostate cancers to grow.

• Chemotherapy. Drugs, often given through an IV, kill cancer cells.

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• Chemotherapy. Drugs, often given through an IV, kill cancer cells.

• Immunotherapy. This uses your own blood cells to make a vaccine that stimulates your immune system to kill the cancer cells.


Treatments depend on the man’s age and general health. It also depends on how soon the cancer is detected. For Prostatitis:

• Take antibiotics, as prescribed.

• Rest until fever and pain are gone.

• Take an over-the-counter medicine for pain and swelling, if needed. Take it as directed.

For BPH

• Take a blood test.

• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.

• Discuss the use of the OTC plant extract saw palmetto with your doctor before you take it.

For Prostate Cancer

• Take antibiotics, as prescribed.

• Rest until fever and pain are gone.

• Take an over-the-counter medicine for pain and swelling, if needed. Take it as directed.

For BPH

• Take a blood test.

• Don’t take over-the-counter (OTC) medications with antihistamines unless approved by your doctor.

• Discuss the use of the OTC plant extract saw palmetto with your doctor before you take it.

For Both an Enlarged Prostate and Prostate Cancer

• Don’t smoke.

• Reduce stress.

• Take warm baths.

• Don’t let your bladder get too full. Urinate as soon as you get the urge. Relax when you urinate.

• Drink 2 or more glasses of water every day. Don’t drink liquids before going to bed.

• Avoid alcohol and caffeine, especially after dinner. Prostate problems are only one health concern for men. Get regular checkups to screen for other problems, too. See “Men’s Tests & Exams” on the next panel.

Key Points

• The tests listed below help the doctor find out if the problem is an enlarged prostate or prostate cancer.

• Digital rectal exam. This is done in the doctor’s office. The doctor puts a glove on and inserts a finger into the rectum. The doctor feels the part of the prostate that sits next to the rectum. This test helps the doctor find out the size of the prostate.

• PSA blood test. A high PSA may be a sign of prostate cancer. It could be a sign of BPH or prostatitis, too. PSA blood tests are not a sure thing to detect prostate cancer.

• Imaging. Certain X-rays or other tests are done to get a picture of the prostate.

• Urine flow study. A special device you urinate into measures how fast your urine flows. A reduced flow could mean that you have BPH.

• Watchful waiting. When symptoms are minor, no treatment may be needed at that time. The BPH is monitored to see if it causes problems or gets worse.

• Medical. One type helps relax the bladder neck muscle and the prostate. Another type causes the prostate to shrink.

• Surgery.* There are many types. Ask your doctor which one(s) best meet your needs. Discuss the pros and cons for each type with your doctor.

5. Screening Tests

6. Treatment for Prostatitis & BPH

7. Treatment for Prostate Cancer

8. Self-Care

9. Men’s Tests & Exams*