

# September is Prostate Cancer Awareness Month

## Eisenhower Hosting Sixth Annual Arnold Palmer Prostate Cancer Symposium

National Prostate Cancer Awareness Month focuses on raising awareness about a disease that is both common and highly treatable. Throughout the month of September, Eisenhower Lucy Curci Cancer Center will hold its Sixth Annual Arnold Palmer Prostate Center Symposium — a series of weekly lectures regarding the prevention, diagnosis and treatment of prostate cancer.



The series is FREE and open to the public. Lunch or dinner will be provided. Lectures will be held at Eisenhower Lucy Curci Cancer Center. To make reservations or for more information, please call 760-834-3798. [Click here](#) for the lecture schedule.

According to the Prostate Cancer Foundation, prostate cancer is the second most common type of cancer found in men, and one in six men will develop it during their lifetime. This year, nearly 200,000 men will be diagnosed with prostate cancer. The cause of it remains unknown; however, early detection can lead to better treatment and an increased chance of survival.

Symptoms for prostate cancer (which develops in part of the male reproductive system) can vary from person to person. While some men may not show any symptoms, others may experience difficult urination, frequent urination, pain or burning during urination and persistent pain in the back, hips or pelvis.

Several factors, including age, family history or race, can increase a man's risk of developing the disease so it is important for men to get regular check ups. A digital rectal exam (DRE) and prostate specific antigen (PSA) test are two of the most commonly used tests to screen for prostate cancer. Early screening means looking for cancer before it causes symptoms and finding cancer at an early stage when it may be easier to treat.

In a DRE, is completed by a doctor to determine if the prostate has any abnormalities. The PSA test measures a protein produced by the prostate in the blood. Should you be diagnosed with prostate cancer, you and your doctor will decide which treatment is right for you. Arnold Palmer Prostate Center utilizes an interdisciplinary team approach with coordinated efforts from specialists in urology, radiation oncology and medical oncology. The Center offers comprehensive treatment options, including brachytherapy, external beam radiation therapy, image guided intensity modulated radiation therapy, nerve-sparing prostatectomy, and da Vinci® prostatectomy.

Being diagnosed with prostate cancer can be overwhelming and Eisenhower Lucy Curci Cancer Center support services are designed to meet the needs and concerns of cancer patients, their family and friends. They incorporate the latest information on cancer treatment and research into an array of programs to help strengthen the body, physically and emotionally including nutrition counseling, prostate cancer support group, cancer lecture series, exercise for cancer patients, and genetic counseling.

For information about our Patient and Family Support Services Program call 760-834-3798. HealthNotes is a publication of Eisenhower Medical Center · © Copyright 2015 All Rights Reserved · [www.emc.org](http://www.emc.org)