

Understanding Prostate Cancer: A Key Chapter in Men's Health



Men's Health and Prostate Cancer Awareness

Although men have the reputation of being the physically stronger or the more dominant sex of the species, being male doesn't come without downsides. In fact, it comes with a specific set of health issues and concerns. Fortunately, many of the health concerns can be prevented or treated if diagnosed early.

WHAT IS THE PROSTATE?

The prostate is a small, rubbery gland about the size of a ping-pong ball, located deep inside the groin, between the base of the penis and the rectum. It is important for reproduction, because it supplies part of the seminal fluid (semen), which mixes with sperm from the testes.

Because of its location in the body, problems to the prostate can affect sexual function and urination, as well as other organs. Issues manifest in three different primary forms:

- **Prostatitis** is an infection of the prostate that can cause burning or painful urination, difficult or painful ejaculation, and other chronic discomforts.
- **Benign prostatic hyperplasia** occurs with aging, and results in the enlargement of the prostate gland.
- **Prostate cancer** is the result of the growth of cancerous cells inside the prostate, with the possibility of spreading to other parts of the body.

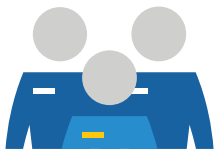
While some of these concerns are painful enough to be recognized, prostate cancer can develop without any symptoms, which is why it's essential to take good care of your prostate throughout your life.

9 COMMON HEALTH CONCERNS FOR MEN:

- **PROSTATE ISSUES** – once a man turns 40, his prostate grows. This is known as “benign prostate enlargement.” Symptoms include a slow urinary stream or sudden and frequent urges to go to the bathroom.
- **PROSTATE CANCER** – prostate cancer is the most common cancer among men (excluding skin cancer). The American Cancer Society recommends men with an average risk of prostate cancer should begin screening at age 50, although men with a higher risk should begin earlier.
- **LOW TESTOSTERONE** – decreased sex drive, erectile difficulty, tiredness, mood changes and occasional memory problems. Lower testosterone puts men at risk for chronic health risks and diseases (diabetes, hypertension, heart disease and high cholesterol).
- **CARDIOVASCULAR DISEASE** – 1-in-3 men have some form of cardiovascular disease, according to the American Heart Association. An estimated 2.8 million men experience a stroke each year and hypertension are common in younger men.
- **CHRONIC MEDICAL DISEASES** – diabetes, hypertension, heart disease and high cholesterol are chronic medical diseases that are causing men to die prematurely in the prime of their life.
- **RESPIRATORY DISEASE** – According to the American Lung Association, more men are diagnosed with lung cancer than ever before. Smoking remains the leading cause of lung cancer, however occupational hazards can contribute to the risk.
- **ALCOHOL USE AND ABUSE** – Men experience higher rates of alcohol-related deaths and hospitalizations than women, according to the CDC. Drinking alcohol increases risk for mouth, throat, esophagus, liver, and colon cancers. It also interferes with testicular function and hormone production.
- **LIVER DISEASE** – Higher levels of alcohol and tobacco put men at risk for liver disease, such as cirrhosis and alcoholic liver disease.
- **DEPRESSION AND SUICIDE** – Men are less likely to acknowledge depression or to seek help for it than women. Women are more prone to attempt suicide, but men are more likely to die by suicide according to the American Foundation for Suicide Prevention.



PROSTATE CANCER - FAST FACTS



About **1 in 8 MEN** will be diagnosed with prostate cancer during his lifetime.



Prostate cancer is more likely to develop in older men and non-Hispanic Black men.



About 6 cases in 10 are diagnosed in **men 65 or older**, and it is rare in men under 40.



The average age of men when they are first diagnosed is **about 66**.

TIPS FOR A HEALTHY PROSTATE

With just a few simple lifestyle changes, you can start improving your prostate health today for a healthier prostate in the future. Here are our top tips to make a difference this Men's Health Month.



Eat a Healthy Diet

- A prostate-smart diet is one that places importance on selenium, soy, antioxidants, and healthy vegetable fats.
- An easy way to incorporate more of these ingredients into your diet is to replace a simple carbohydrate with a food rich in one of the nutrients listed above.
- For example, consider replacing the croutons in your caesar salad with the crunch of Brazil nuts, for their selenium content.



Have a Regular Exercise Routine

- Getting plenty of physical exercise is perhaps one of the most effective ways of improving your overall health, including the health of your prostate.
- A Harvard-based study found that men who were more physically active were less likely to suffer from benign prostatic hyperplasia.
- Recommendation is to include a half hour of physical activity on all or most days of the week, even if those segments are broken down into 10-minute chunks.



Catch Some Sun Rays

- Vitamin D, which is most directly absorbed from sunshine, is a key element in keeping your prostate healthy. So, get outside and soak up some rays. Just remember not to skimp on the sunscreen.



Reduce Your Stress

- Stress may seem like a mental health issue, but it also affects our bodies on a physical level and can contribute to prostate problems.
- Make sure you relax outside of work by seeing friends and trying stress-reduction techniques such as mindfulness meditation or tai-chi.
- Limit your alcohol intake and quit smoking if it's one of your habits.



Get Screened

- Being screened on a yearly basis is the only way to know if you're at risk of prostate cancer.
- If you're a man of 50 or have a family history of prostate cancer and are 45 of age, is the time to begin receiving annual PSA (Prostate Specific Antigen) tests.
- Your chances of beating prostate cancer are over 98% when the disease is detected early.

Prostate health is a cornerstone of a man's overall health, especially as he ages. By giving this part of your body more awareness this Men's Health Month, you can beat any prostate problems in the future – and feel even healthier today.

Please do send us your feedback at well-being@metlife.ae. It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.