

# do you know your risk for PROSTATE CANCER?

At Menorah Medical Center and Research Medical Center we know the best weapons against prostate cancer are knowledge, early detection and treatment. We want to help you understand your symptoms and personal risk factors to report to your doctor. We have created these simple tools for you to evaluate your risk factors and identify possible warning symptoms.

*Survey questions are based on information from the American Cancer Society and the National Cancer Institute.*

## Possible Warning Symptoms

Read each statement carefully. Check Yes if the statement is true and No if it is false.

SYMPTOM	YES	NO
Pain when urinating		
Difficulty urinating such as hesitant or intermittent urinary flow		
Unable to urinate		
Weaker than normal urinary flow		
Increased frequency or urgency of urination, often at night		
Blood in your urine or semen		
Unexplained fatigue or loss of appetite		
Unexplained weight loss		
Pain or discomfort in the area of the prostate		
Increase in voiding urgency		

If you answered yes to any of these symptoms, you should notify your physician. Many of these symptoms can be caused by conditions other than cancer, but should be checked out by a physician. Only a physician can determine if you are at risk for developing prostate cancer. To find a physician call 913-541-7400 or 816-751-3000.

## Know Your Risk Factors

Read each statement carefully. Check Yes if the statement is true and No if it is false.

RISK FACTOR	YES	NO
You are over the age of 50		
You are African-American and over the age of 50		
A member of your immediate family (father, brother) has a history of prostate cancer		
You are overweight		

Each yes answer can increase your risk for developing prostate cancer. You should see a physician yearly and discuss your risk factors and cancer screening plan.

*(continued on back)*

## Remember:

- Avoid cigarette and cigar smoke
- Avoid overexposure to the sun
- Eat a balanced diet low in fat and high in fiber
- Exercise regularly
- Avoid alcohol
- Maintain a healthy weight
- Avoid exposure to toxic chemicals
- Participate in Prostate Cancer Screenings

Cancer screenings can result in early detection, diagnosis, and treatment. Early detection and diagnosis can lead to a more favorable prognosis when treatment is received early in the disease course. Ask your physician to develop a prostate cancer screening plan individualized to meet your needs based on family history, lifestyle habits, and health status.

## No Excuses, Get Screened.

For more information, call Midwest Cancer Care at Menorah Medical Center at 913-541-7400 or Research Medical Center, 816-276-4700.



Menorah Medical Center  
Research Medical Center