



What's Your **GAME PLAN**

FOR PROSTATE HEALTH

NY Giants legend Harry Carson

**Take
Charge of
Your Health**

**It's no secret guys...you need to pay
more attention to your health!**

Did you know that one in nine men will be diagnosed with prostate cancer during his lifetime?

The good news: there is no question that testing can help find many prostate cancers early. Talk to your doctor about whether or not you should be tested. He or she will help you develop a plan that best meets your personalized needs.



Hackensack
Meridian *Health*

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- 1. Know the Fundamentals:** The prostate is a gland involved with male sexual function and urination. It is the size of a walnut and is located directly under the bladder, in front of the rectum.
- 2. Know the Stats:** One in nine men in the United States will develop prostate cancer during their lifetime.
- 3. Know the Opponent:** There are three major health problems associated with the prostate: enlargement, inflammation and prostate cancer.
- 4. Know the Score:** It's important to have a regular prostate check with your doctor to make sure there are no abnormalities. In addition, a PSA blood test may be used as a tool in the detection of prostate cancer. Note: an elevated PSA level may also be caused by an inflamed or enlarged prostate.
- 5. Know Your Team History:** Men aged 55 to 69 should talk with their doctors about the benefits and harms of PSA testing and proceed based on their personal values and preferences. However, men with a history of prostate cancer in their family are at a higher risk however, and should consider screening at an earlier age.
- 6. Fuel for Performance:** A healthy diet, low in fat and full of fruits and vegetables, may reduce your risk of prostate cancer.
- 7. Stay in Peak Form:** Men with a BMI of 30 or higher are considered obese. Being obese increases your risk of prostate cancer.
- 8. Prepare a Training Regimen:** Many studies have shown that men who exercise may have a reduced risk of prostate cancer.
- 9. Know Your Equipment:** There are a range of symptoms that may relate to prostate health, including frequent trips to the bathroom day or night, painful urination, blood in urine, inability to fully empty the bladder and erectile dysfunction.
- 10. Put your GamePlan in Action:** Make an appointment with one of Hackensack Meridian *Health's* physicians at 1-888-732-9355.