## Prostate Cancer

Prostate cancer is one of the most common cancers among men. Some types of prostate cancer are slow-growing, while others can be aggressive.

## **Symptoms**

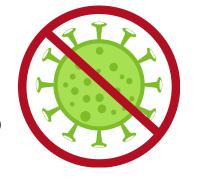
- Increased **frequency** or urgency of urination, especially at night
- Weak or incomplete urine stream
- Pain during ejaculation, blood in urine or semen
- Pain in the back, hips, or chest
- Unexplained weight loss and persistent fatigue
- Weakness in the legs or feet

## Who is at risk?

- Age: risk increases after 50
  years, most cases occur after
- Family history
- Exposure to toxins, pesticides or chemicals
- Chronic infections or prostatitis
- Smoking, obesity and possible link to STIs



## Preventive Measures



- Maintain a healthy weight with balanced nutrition and exercise
- Limit red meat, dairy, and processed foods
- Avoid smoking & limit alcohol intake
- Protect against infections like STIs and prostatitis
- Regular **PSA screenings** for men over 50 or with a family history



