

# 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

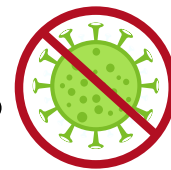
- Increased **frequency** or urgency of urination, especially at night
- **Weak or incomplete** urine stream
- Pain during **ejaculation**, blood in urine or semen
- **Pain** in the back, hips, or chest
- Unexplained **weight loss** and persistent **fatigue**
- **Weakness** in the legs or feet

## Who is at risk?

- **Age:** risk increases after 50 years, most cases occur after 65
- **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