

Do You Know
About...

Prostate Cancer in Cleveland County

September is Prostate Cancer Awareness Month

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. It makes some of the fluid that is part of semen (American Cancer Society).

Did You Know:

- Prostate Cancer is the 2nd leading cause of death of men.
- About 1 out of 9 men will have prostate cancer at some point in their lives.
- African American men are 1.7 times more likely to be diagnosed with prostate cancer and 2.3 times more likely to die of prostate cancer.
- Most men should start routine prostate screenings with their doctors around age 50. Men at higher risk should start earlier.

Risk Factors:

- Age- most cases are in men over the age of 65.
- Race- most common amongst African American men.
- Family History - men with family members who have/had prostate cancer are at higher risk for developing prostate cancer.

Cleveland County 2019 Community Health Assessment:

North Carolina's Prostate Cancer Death Rate per 100,000 population

2014-2018:

Black Men: 39.1

White Men: 16.7

Cleveland County Prostate Cancer # of Deaths 2014-2018:

Men: 49

North Carolina's Prostate Cancer # of Deaths 2014-2018:

Men: 4,654

Signs & Symptoms:

- Trouble urinating, slow stream, urinating frequently, or pain/ bleeding while passing urine.
- Pain in the hips, back or pelvis that does not go away.
- Feeling weak or numb in the feet.
- Loss of bladder or bowel control.

Things to Monitor:

"Get to and stay at a healthy weight, keep physically active, follow a healthy eating pattern, which includes a variety of colorful fruits and vegetables and whole grains, and avoids or limits red and processed meats, sugar-sweetened beverages, and highly processed foods" (American Cancer Society).

Screening for Prostate Cancer:

Screening is a way to find cancer before it has symptoms. Screening for prostate cancer can be done with a blood test or an exam by your doctor.

****If you are uninsured and in need of Prostate screening, please contact the staff at Levine Cancer Institute, Disparities and Outreach to discuss available no-cost options for screening.****



Resources

Levine Cancer Institute- Cleveland

- Email Address: LCIOutreach@atriumhealth.org
- Address: 201 E. Grover St Shelby, NC 28150
- Phone: 980-442-3075
- Website: <https://www.atriumhealth.org>

Services Provided at Levine Cancer Institute - Cleveland

Bladder
Bone and soft tissue
Brain
Breast
Esophageal
Gastrointestinal
Head and neck
Kidney
Leukemia and Lymphoma
Lung
Melanoma/Skin
Pancreatic
Prostate
Testicular

Chemotherapy and Lab Services, Clinical Trials, and Support Services.

Online Resources

- **American Cancer Society:** <https://www.cancer.org/>
- **National Cancer Institute:** <https://www.cancer.gov/about-cancer/understanding/what-is-cancer>

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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