

# Prostate

Prostate  
Health  
(**praw**-state)

This paper tells me about my prostate. It shows some problems many men can get with their prostate. It tells me what to look for. The paper shows what I can do to try and keep my prostate healthy. The more I know, the better I can take care of my prostate.

## Simply Health

Simply Health helps me learn more about health care. Simply Health gives me the information I need to talk to my doctors.

## What is a prostate (praw-state)?

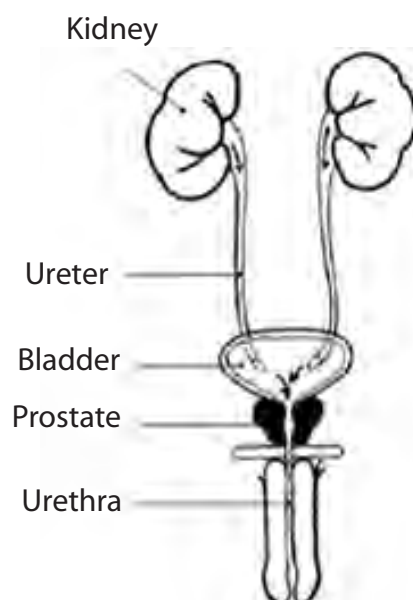
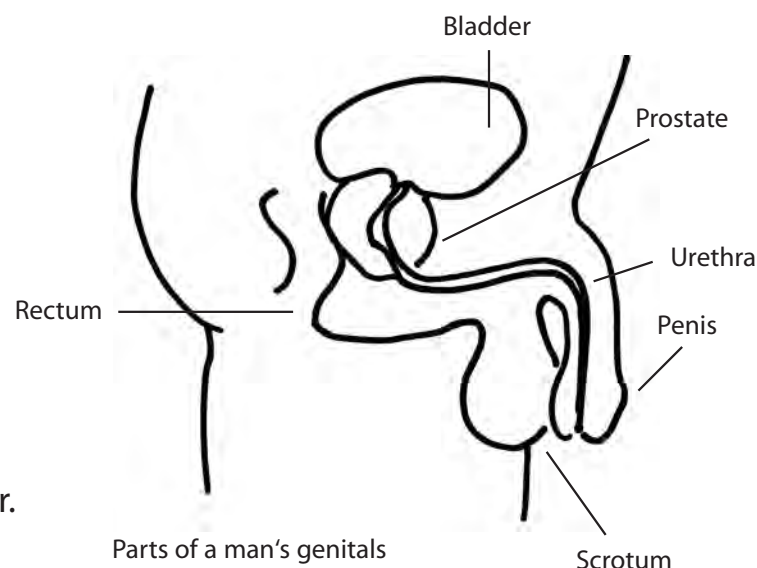
It is a sex gland. Only men have it. It makes some of the **fluid** that comes out of a penis in an orgasm. The fluid is called **Prostate Specific Antigen** or **PSA**. **PSA** helps **sperm** swim. It helps protect sperm from the acid in a woman's **vagina**.

My prostate grows very slowly as I get older.

Prostate problems happen when my prostate grows too big. If this happens, it squeezes the **urethra** or pushes on the **bladder**.

This can make it hard for me to pee. It can make me feel like I still have to pee after I already have!

It is normal for my prostate to grow a bit as I get older. Sometimes the growth is because of a health problem.



## Where is my prostate in my body?

- The prostate is inside my body.
- It is at the bottom of my **bladder**.
- It is around my **urethra** like a donut.
- It is in front of the **rectum** and behind the **scrotum**.

The prostate (**praw**-state) is small. It is about the size of Canada's loonie coin.

## What kinds of prostate problems can I get?

I can get prostate problems that are not cancer.

### Prostatitis (praw-state-i-tis)

This is an **infection** of the **prostate**. It is **not** cancer.

**Infection** (in-fek-shun) makes the **prostate** swell. Infection presses on the bladder. It makes me feel like I have to pee.

Doctors can give me medicine to stop the **infection**.



### Benign Prostatic Hyperplasia (BPH)

(buh-nine pro-stat-ick hi-per-plahs-ee-ah) **BPH** is when the cells in a prostate gland start to grow. This makes the prostate big. **BPH** is not cancer.

The growth that happens in **BPH** can block my **urethra** (yer-ee-thra).

When this happens, I cannot pee.

### Incontinence (in-con-tin-ens)

This is when I have to pee a lot. I cannot hold it when I pee. I may pee my pants.



# Eat healthy foods

## Eat foods that have a lot of Vitamin E

Why? Because Vitamin E can help stop cancer before it starts. These foods have a lot of Vitamin E. I can ask my doctor about Vitamin E pills.



Mango

Hazelnuts



Asparagus



Sunflower seeds



Olive oil

## Eat foods that have a lot of Omega-3

Omega-3 is a good acid. It is in some foods. It helps my body to heal when I am sick.

These foods have a lot of Omega-3:



Flaxseed oil



Fresh tuna



Walnuts



Salmon

## Eat foods that have a lot of antioxidants (ant-ee-ox-i-dance)

These are good things that help my body. They get rid of the stuff in my body that makes my **cells** die.

These foods have a lot of **antioxidants**:



Tomato



Watermelon

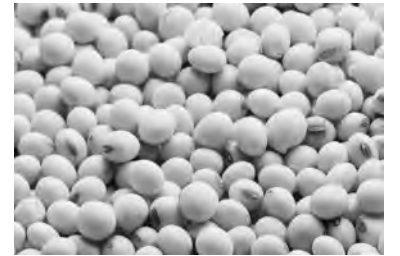


Broccoli sprouts

## Eat foods that have a lot of zinc

Zinc helps my body fix itself. It helps keep me and my prostate healthy.

These foods have a lot of zinc:



Black-eye peas



Eggs



Oysters

(Tofu has a lot of zinc.)

## Eat foods that have a lot of Vitamin D

Sunshine helps my body make Vitamin D.

But the more calcium I eat, the less Vitamin D my body makes.

Fish, such as salmon, have a lot of Vitamin D. Milk also has a lot of Vitamin D.

I can ask my doctor about Vitamin D pills.



## Eat foods that have a lot of polyphenols (poll-ee-fen-alls)

These are very strong **antioxidants** (ant-ee-ox-i-dance).

They help stop cancer before it starts.

Here are some foods that have a lot of polyphenols.

- Green tea
- Red grapes
- Tofu
- Chocolate

My doctor and The Canada Food Guide to Healthy Living can tell me what foods are best to eat.



Chocolate



Red grapes



Tofu



Green tea

# What do I need to know about prostate tests?

I do not need to be afraid!

- I can ask someone I trust to come with me for the tests.
- I can ask my doctor to tell me what the tests are for.
- All men over 50 should have a prostate test.

Tests help the doctor to stop prostate problems before they start.



## What happens when I see my doctor for a prostate check-up?

My family doctor does some tests. These tests find out if my prostate is healthy:

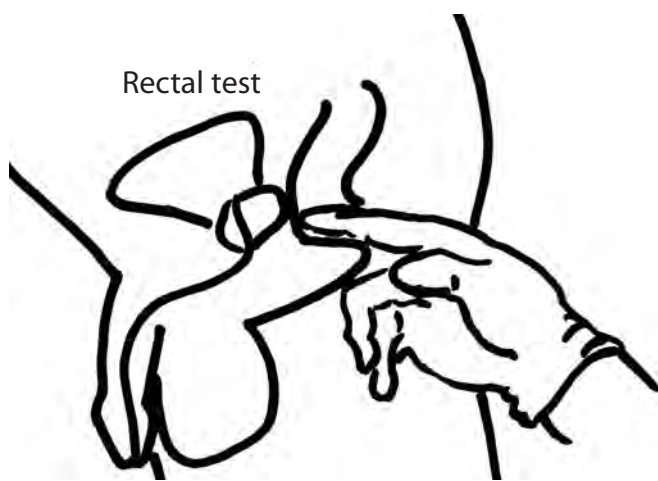
- rectal test
- blood tests for **PSA**.

### What is a rectal test?

My prostate is inside my body.

In a rectal test, my doctor feels my prostate.

He does this to see if my prostate is healthy.



### What happens in a rectal test?

I go into a room.

- A nurse asks me to take off my pants.
- I can keep on my underwear.

My doctor comes into the room.

- He asks me to lie on a table.
- He puts on rubber gloves.
- He puts slippery gel on his finger.

He puts his finger up into my bum.

- He feels for problems with my prostate.

When he is done, he gives me a cloth to wipe myself off. Now, I can put my pants back on.

### Urine test

For this test, I also go to a lab. I pee in a cup.

When I am done, I put the cup in a small cupboard. The lab checks to see if I have a prostate problem.

The lab will tell my doctor.

### Kidney function test

I pee in a cup for this test also.

The lab tests my pee.

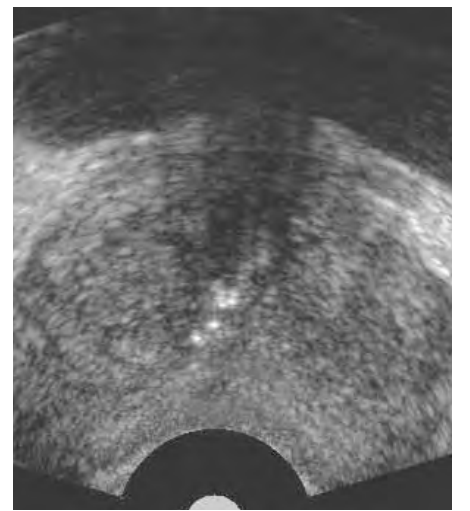
If the tests show that my prostate is not healthy, my doctor will send me to a **urologist** (yer-all-o-jist).

A **urologist** is a doctor. He works on the parts of my body that have to do with pee, like my kidneys or prostate.

## Ultrasound

An **ultrasound** (ull-tra-sound) is a picture of my prostate.

- An **ultrasound** uses sounds to make the picture (**pick**-cher).
- The picture is of the inside of my body.
- An ultrasound tech uses a long, narrow tool. It is a **transducer** (tranz-doo-ser). He puts it up my bum.
- The transducer takes a picture of my prostate.



## Biopsy (by-op-see)

I go for this test only if my **ultrasound** shows a problem.

In a **biopsy** (by-op-see), my doctor takes a bit of my prostate.

He does this with a needle or a small knife.

He tests my **prostate** for cancer.

I am asleep for this test.

I do not feel what happens in the test.



### Blood test

For this test, I go to a lab. A lab tech takes some of my blood with a needle.

The needle may hurt at first. But after, I will not feel it so much.



# When do I see my doctor?

I must go to my doctor or tell someone I trust if I have these problems:

- It is hard to start or stop when I pee.
- I dribble at the end when I stop peeing.
- It hurts when I pee.
- I have to pee a lot day or night.
- It hurts when I have sex.
- I see blood in my pee.
- I cannot pee at all.
- I always feel pain in my lower back and lower tummy. The pain does not go away.
- It hurts near my penis or scrotum.
- Pee stops then starts when I pee.
- I always feel like I have to pee very soon.
- I feel sick, or I feel cold and hot at the same time (fever).



Doctor

# Prostate cancer

## Who can get prostate cancer?

Any man can get prostate cancer.

But some men are more likely to get it.

These kinds of men are more likely to get prostate cancer.

- Men 50 years old or older.
- Black men.
- Men who have another man in their family who has had prostate cancer, such as: a brother, father or uncle.
- Men who make batteries or weld machines.

## When should I get a prostate check-up?

- If I am 50 years old or older, I must go to my family doctor every year for a prostate test.
- If my father, brother or uncle had prostate cancer, I must go for a check-up when I am 40.



## How do I keep my prostate healthy?

- Go to my doctor for a check-up.
- Eat healthy foods.

Are you 50?  
Go to your  
doctor  
every year!

# What the hard words mean

**Antioxidants:** These are good things in some foods that help my body. They get rid of the stuff in my body that makes my cells die.

**Benign Prostatic Hyperplasia (BPH)** (buh-nine pro-stat-ick hi-per-play-zia): **BPH** is when my prostate grows big and makes problems. BPH is not cancer.

**Biopsy** (by-op-see): In a biopsy, my doctor takes some of my prostate. She tests it for cancer.

**Bladder** (blah-der): A part in my body that holds my pee.

**BPH:** See **Benign Prostatic Hyperplasia**.

**Cells** (sells): Very small parts of my body. I cannot see them. They make up my skin, eyes, hair—everything in my body.

**Fluid** (floo-id): Wet stuff, such as water, tears or spit.

**Genitals** (jen-it-als): The sex parts of my body. In a man, they are the penis and scrotum.

**Gland:** A part of my body that makes fluids.

**Infection** (in-fek-shun): When germs make a part of my body swell up and make puss. It can hurt and feel hot.

**Kidney** (kid-nee): This is a part in my body. It helps clean my blood. The kidney takes old fluids out of our blood. It passes them to my bladder. I pee to get rid of this old fluid.

**Penis:** A part of a man's genitals. The penis is where a man pees from. It is also how he has sex.

**Prostatitis** (praw-state-eye-tis): When the prostate swells up.

**Prostate** (praw-state): A sex gland. Only men have it. This gland makes part of the ejaculate fluid. It makes prostate specific antigen (PSA).

**Prostate Specific Antigen** (praw-state specific ant-ee-jen) (**PSA**): A fluid made by the prostate. PSA feeds and protects sperm.

**PSA:** See **Prostate Specific Antigen**.

**Rectum** (rek-tum): The long, narrow tube that is the opening for a bum. This is where I poop from.

**Scrotum** (skro-tum): The skin-covered part of a man's genitals that holds his balls.

**Sperm:** Small sex cells. Sperm swim. They join with a woman's egg to make a baby. Sperm come out of the penis.

**Transducer** (tranz-doo-ser): A long, narrow tool. The doctor uses it to take an ultrasound of the prostate.

**Ultrasound** (ull-tra-sownd): A picture of the inside of my body. An ultrasound does not use x-rays. It uses sound.

**Urethra** (yer-ee-thra): A tube in the penis that both sperm and pee come out of.

**Urine** (yer-in): This is pee. My kidneys make pee from the things I drink, such as milk or juice.

**Urinary incontinence** (yer-in-ary in-kon-tin-ens): When I have to pee all of the time and cannot hold it.

**Urologist** (yer-all-o-jist): A doctor who works with the parts of my body that pee.

**Vagina** (va-jine-uh): A female sex organ. It is a long, stretchy tube where babies are born from. A man puts his penis in the vagina when he has sex with a woman.

**Zinc:** This is a mineral that my body needs to grow and fix cells.



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