

## Module 2: Prostate Cancer

### Review the Objectives (Time Frame: 10 minutes)

By the end of the session, participants will be able to:

- Define prostate cancer.
- Know the risk factors, detection methods, and treatment options for prostate cancer.
- Understand the American Cancer Society's recommendations for reducing the risk of prostate cancer.
- Understand how to take steps to reduce the risk of developing prostate cancer.

### Worksheets/Handouts

- Photos of the prostate and surrounding areas of the body ([www.cancer.gov/cancertopics/wyntk/prostate/page2](http://www.cancer.gov/cancertopics/wyntk/prostate/page2))
- *Cancer Facts & Figures for African Americans 2007–2008* ([www.cancer.org](http://www.cancer.org))
- *What You Need To Know About™ Prostate Cancer* ([www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate))

### Materials/Resources

- Blackboard/chalk or dry erase board
- Pens or pencils
- Notepads or extra paper
- Internet access

Welcome the participants. Tell them that today's module will focus on developing a clear understanding of prostate cancer.

### Overview

Enlarge the image of the prostate and surrounding areas of the body, and, using an overhead projector, project that image onto a screen or blank wall. Point out the location of the prostate on the image. Open the session by discussing the following points:

- Prostate cancer is one of the most common cancers among all American men, and it is the second leading cause of cancer death.
- The prostate gland is walnut-sized and is located in front of the rectum, behind the penis, and under the bladder.
- Most prostate cancers grow very slowly, but when they spread, they can do so quickly.
- African-American men have the highest prostate cancer incidence rates in the world.

You may find it helpful to copy the cancer points onto a PowerPoint slide so that the participants can follow along as you discuss the points. You could also copy and paste the points into a Microsoft Word document and pass them out to the participants. A detailed overview of prostate cancer can be found on the American Cancer Society's Web site at [www.cancer.org](http://www.cancer.org).

### Who Is At Risk?

- Older men. Only men develop prostate cancer, typically those 50 and older. More than 70 percent of prostate cancers are diagnosed in men over 65.
- African-American men. Rates of prostate cancer are 60 percent higher in African-American men than in white men, and death rates are nearly two-and-a-half times higher. About 30,870 prostate cancer cases and 4,240 deaths occurred in 2007, making this disease the most common type of cancer and the second leading cause of cancer death in African-American men.

### Other Risk Factors

- Approximately 5 percent to 10 percent of prostate cancer may be inherited.
- Eating a high-fat diet, especially a diet high in saturated fat, may play a part in causing prostate cancer. Saturated fat is found primarily in animal sources, such as red meat and dairy products.

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### Detection Methods

Two tests are used to detect prostate cancer:

1. Digital rectal exam (DRE). A test in which the doctor feels for abnormal areas by inserting a lubricated, gloved finger in the rectum.
2. Prostate-specific antigen (SPA) blood test. A test for a protein that increases in the blood of some men with prostate cancer.

### Treatment

- Surgery (radical). Removal of the prostate, called prostatectomy, is the most commonly chosen surgical treatment.
- Radiation therapy. This treatment uses high-energy rays to shrink or kill cancer cells.
- Chemotherapy. This option uses anticancer drugs that attack cancer cells and normal cells. The drugs are usually given by injection or taken by mouth.
- Hormone therapy. This refers to treatment with hormones or drugs that interfere with hormone production or action. It may also refer to the surgical removal of glands that produce hormones.

### What Can You Do About It?

- Talk to your doctor. Beginning at age 50, men should talk with their doctors about yearly screenings.
- Know your history. Men who are at high risk for prostate cancer (African Americans or men with a close relative diagnosed with prostate cancer at a young age) should begin at age 45.
- Be aware of the symptoms and early signs. Most early cases of prostate cancer cause no symptoms, but some early signs may be:
  - Frequent urination, especially at night.
  - Difficulty starting urination or inability to urinate.
  - Weak or painful urination.

### Suggested Activities (Time frame: 25 minutes)

#### Activity 1 – The Truth Will Set You Free

Pass out the *Cancer Facts & Figures for African Americans 2007–2008* handout, a notepad, and a pen to each participant. Ask participants to review the information on prostate cancer, beginning on page 12. Afterward, open the floor for general discussion on prostate cancer and prostate cancer prevention.

#### Activity 2 – Prevention through Intervention

Pass out the *What You Need To Know About™ Prostate Cancer*, a notepad, and a pen to each participant. Ask participants to review the information. Remind participants that what they eat and drink, how they live, and where they work can affect their risk for cancer. Encourage the participants to read more about the risk factors. Write the most common risk factors on the board. Ask participants to discuss realistic ways to minimize their risk of developing prostate cancer.

#### Activity 3 – Getting the Church Involved

In conjunction with Prostate Cancer Awareness Month (September), ask the participants to form a prostate cancer awareness committee. They can join together to develop a prostate cancer informational bulletin insert to be used at every service in September. Help the participants select important components of the prostate cancer materials to include in the insert and develop a timeline for the completion of the bulletin. Participants could also talk to the pastor about discussing prostate cancer during sermons. Someone from the group could check with area hospitals and clinics to see if they offer free prostate cancer screening. If so, the free screening information can be included in the bulletin. Contact a member of the congregation or community and ask them to address the congregation or submit a testimony of their experience with prostate cancer. Order free prostate cancer materials and display them throughout common areas during Prostate Cancer Awareness Month. Talk with the church administration about creating a

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cancer support group to help those in the congregation and community deal with cancer on a more personal level.

### **Activity 4 – Let’s Make a Change**

Ask the participants to discuss how they feel about the rates of prostate cancer among African Americans. Ask them to discuss ways that African Americans within the church and community can make immediate and long-term changes to reduce the number of new cases of prostate cancer.

### **Reflections (Time frame: 10 minutes)**

Ask participants to announce any behavioral changes they have made since the last session that may reduce their risk of cancer. Ask one or two participants to share their experience of trying out the tips. Was it easy or difficult? If anyone had problems with the tips, why do they think that it didn’t go as planned? What could they have done differently? As you listen to the answers from the participants, ask other participants if they have suggestions to overcome barriers. If participants do not offer suggestions, offer your own.

Allow time for questions and comments about the topics discussed in the session today.

### **Where Can I Get Additional Information?**

National Cancer Institute  
Cancer Information Service  
Ph: 1-800-4-CANCER  
Web site: [www.nci.nih.gov](http://www.nci.nih.gov)

CaP Cure (Association for the Cure of the Prostate)  
Ph: 1-800-757-CURE or 310-458-2873  
Web site: [www.capcure.org](http://www.capcure.org)

National Prostate Cancer Coalition  
Ph: 202-463-9455  
Web site: [www.4npcc.org](http://www.4npcc.org)

### **How Can I Get Involved?**

#### *Man to Man® Program*

The American Cancer Society’s Man to Man® program helps men cope with prostate cancer by providing community-based education and support to patients and their family members. In addition, Man to Man® plays an important role in community education about prostate cancer; it encourages men and health care professionals to actively consider screening for prostate cancer appropriate to each man’s age and risk for the disease. Some Man to Man® groups may invite wives and partners to attend meetings. In other locations, wives and partners may meet separately in a group setting called Side by Side. For more information about Man to Man® or to locate a program in your area, contact your local American Cancer Society 1-800-227-2345. You may also visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org).

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### *Let's Talk About It®*

Let's Talk About It® is a free community-based program developed by the American Cancer Society and 100 Black Men of America to increase awareness and knowledge of prostate cancer among African-American men. This program provides to communities easy, step-by-step ways to organize prostate cancer awareness events to empower African-American men and their loved ones to reduce their risk of prostate cancer and make informed decisions about detecting and treating the disease. To find out how to hold a Let's Talk About It® event in your community, contact your local American Cancer Society 1-800-227-2345. You may also visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org).

### *Phi Beta Sigma*

The American Cancer Society and Phi Beta Sigma fraternity have created Sigma's Waging War Against Cancer, a project focusing on awareness, early detection, and prevention of prostate and colorectal cancer among African-American men. For additional information on this program, please contact American Cancer Society 1-800-227-2345. You may also visit the American Cancer Society Web site at [www.cancer.org](http://www.cancer.org).

