



# The Training Brief

## Quick Reference mini-training Topics Prostate Cancer

*The purpose of this training topic is to understand the signs and symptoms of prostate cancer. There is evidence that **firefighters** can be exposed to chemicals that may increase their risk of prostate cancer.*

### Discussion

**Fact:** Studies show Firefighters have a 1.28 times greater risk than the general public of getting prostate cancer.

Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer.

**Key Points:** It cannot be understated about the importance of annual medical exams.

You can download a medical form from our website that highlights the needed medical tests to be done if you're a firefighter.

[https://firefightercancersupport.org/wp-content/uploads/2020/01/Primary-care-cancer-evaluations-for-firefighters\\_HamrockMD\\_2016\\_FCSN.pdf](https://firefightercancersupport.org/wp-content/uploads/2020/01/Primary-care-cancer-evaluations-for-firefighters_HamrockMD_2016_FCSN.pdf)

**Action:** Download and print the form. Bring it to your primary care physician. Discuss the risks firefighters have in regards to occupational cancer.

Firefighters have a 9% higher risk of being diagnosed with cancer than the general U.S. population



Firefighters have a 14% higher risk of dying from cancer than the general U.S. population.

**Make the necessary changes**

Prostate cancer begins when cells in the prostate gland start to grow out of control.

Prostate cancer is rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases of prostate cancer are found in men older than 65.

Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully.

### Signs/Symptoms:

Most prostate cancers are found early, through screening. Early prostate cancer usually causes no symptoms. More advanced prostate cancers can sometimes cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night.
- Blood in the urine or semen.
- Trouble getting an erection (erectile dysfunction or ED).
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones.
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord.

### Prevention/Testing:

Prostate cancer can often be found early by testing for **prostate-specific antigen (PSA)** levels in a man's blood. Another way to find prostate cancer is the **digital rectal exam (DRE)**.

The best advice about diet and activity to possibly reduce the risk of prostate cancer is to:

- 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.

Source: American Cancer Society: <https://www.cancer.org/cancer/prostate-cancer.html>