TAKE 5 FOR SAFETY

INSTRUCTOR'S NOTES

5-MINUTE SAFETY DRILL

Wellness: Prostate Cancer Can Be Beaten!

FOCUS: Prostate cancer still claims too many lives. We must be diligent about our health.

Date:_____

Shift:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Prostate cancer is the most common non-skin cancer in America today. Studies indicate 1 in 6 men will have problems with the prostate. The older you are, the more likely you are to be diagnosed. The American Cancer Society recommends early screening tests be conducted annually, beginning at age 50, to men who have at least a 10-year life expectancy. Men at high risk, such as African American men and men with a strong family history of one or more first-degree relatives diagnosed at an early age, should begin testing at age 45.

The purpose of screening for cancer is to detect the cancer in its earliest stages before any symptoms have developed. Screening for prostate cancer can be performed quickly and easily in a physician's office using two tests: the PSA (prostate specific antigen) blood test and the digital rectal examination. PSA is a protein produced by the prostate and released in very small amounts into the bloodstream. When there's a problem with the prostate, such as when prostate cancer develops and grows, more and more PSA is released, until it reaches a level where it can be easily detected in the blood.

During a PSA test, a small amount of blood is drawn from the arm, and the level of PSA is measured. The levels of PSA can indicate potential problems. The two tests are recommended to detect the presence of disease. Because a decision of whether or not to be screened is a personal decision, its important you talk with your doctor about the benefits of screening for prostate cancer.

DISCUSSION

- Do you know your risk factors for prostate cancer?
- Have you investigated the impact of diet as a prevention technique?
- What lifestyle issues can impact prostate cancer?
- Does our wellness program adequately provide education about prostate cancer?
- What changes are you willing to make to reduce your probability of getting prostate cancer?
- When was your last physical?

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