



CHATTING ABOUT HEALTH

PROSTATE CANCER

The prostate is part of the male reproductive system.

Prostate cancer is a disease in which cells of the prostate grow out of control.

Most prostate cancers grow slowly and don't cause any health problems.

- Most prostate cancers found by screening are small and slow growing.
- Faster growing prostate cancers may benefit from early treatment.

Different people have different symptoms of prostate cancer.

Symptoms of prostate cancer can include:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in urine or semen
- Pain in the back, hips or pelvis that does not go away
- Painful ejaculation

Keep in mind

- *These symptoms may be caused by conditions other than prostate cancer. Talk to your doctor if you are having symptoms.*
- *Most men have no symptoms.*

Screening for Prostate Cancer

- Blood test
 - Can be abnormal for other reasons besides prostate cancer.
 - The only way to know if an abnormal blood test is due to cancer is to do a biopsy.
- Biopsy
 - A minor surgery to get small pieces of the prostate to look at under a microscope.
 - If a biopsy shows cancer cells, you can discuss treatment options with your doctor.

Treatment

Prostate cancer treatment options include:

- Close monitoring
- Radiation
- Surgery to remove the prostate

Side effects of radiation or surgery include:

- Impotence
- Loss of bladder control
- Problems with your rectum

Learn more

<https://www.cdc.gov/prostate-cancer/index.html>



SEPTEMBER IS FOOD SAFETY AWARENESS MONTH



The US food supply is among the safest in the world but disease-causing pathogens can still sometimes contaminate food and cause foodborne illness.



1 in 6 Americans experience foodborne illness every year.

- Illness usually begins within 1 to 3 days. *In some cases symptoms can start within minutes.*
- Most healthy people recover in a short time but some can develop chronic, severe or even life-threatening health problems.
- Symptoms may include vomiting, diarrhea, abdominal pain, fever, headache and body aches.
- Some people like pregnant women, older adults, and people with weakened immune systems are at higher risk of developing foodborne illness.

To reduce your risk of foodborne illness, follow these simple steps:

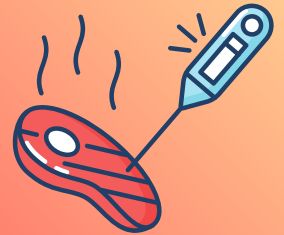
CLEAN

Wash hands
and surfaces
often



COOK

Cook to the
right temperature



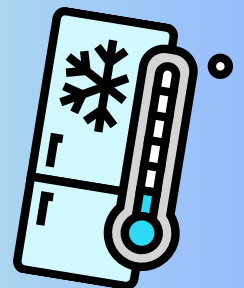
SEPARATE

Separate raw
foods from
other foods



CHILL

Refrigerate
foods properly



For more details visit FDA:

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>For more details visit

