

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

September 2019

September is Prostate Cancer Awareness Month.

Prostate cancer is a common, but very treatable cancer in men.

Men over the age of 55 are recommended to be regularly screened for early detection of Prostate Cancer. Screening involves a blood test to measure the amount of PSA (prostate specific antigen). High PSA levels may be a sign of prostate cancer or another prostate related health issue.

Prostate Cancer risk factors:

- Genetics
- Family history

Common Treatments for Prostate Cancer:

- Surgery
- Radiation Therapy
- Cryotherapy
- Hormone Therapy
- Chemotherapy

Tips for a Healthy Prostate:

- Exercise
- Eat lots of fruit and vegetables
- Don't skip the caffeine
- Eat more foods with Omega-3-fatty acids

Geoffrey Cox, PharmD Candidate

cdc.gov/cancer/dcp/ressources/features/prostatecancer.cancer.org/cancer/prostate-cancer/causes-risks-prevention/risk-factors.html
mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention
Dailyherald.com
Unitypoint.org



PEQUOT PHARMACEUTICAL NETWORK

PEQUOT PLUS

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12 Things to Know About PROSTATE CANCER

1. PROSTATE CANCER IS THE 2ND LEADING CAUSE OF CANCER DEATH IN MEN



2. 1 IN 7 MEN ARE DIAGNOSED WITH PROSTATE CANCER

3. Two men are diagnosed every 5 minutes

4. THE BIGGEST RISK FACTORS INCLUDE:



5. About 2/3 of prostate cancer cases are found in men over age 65

FAMILY HISTORY

6. Those with a father or brother who has developed prostate cancer have a 1 in 3 chance of developing it themselves

RACE

7. African-Americans are nearly 60 percent more likely to be diagnosed than Caucasians

8. Men of average risk should start talking to their doctor about the pros and cons of screening at age 50

9. PROSTATE CANCER SCREENING TAKES 10 MINUTES



10. DIETS HIGH IN RED MEAT AND FATTY DAIRY PRODUCTS MAY INCREASE PROSTATE CANCER RISK

11. Symptoms are generally unnoticeable during early stages

12. THERE IS A 100 PERCENT FIVE-YEAR SURVIVAL RATE FOR MEN DIAGNOSED IN EARLIEST STAGES

At Pequot Health Care, we are dedicated to maintaining your good health!