



What is the prostate?

The prostate is a small gland found in the male reproductive system. This gland produces prostate-specific antigen (PSA), a protein, which at elevated levels, can indicate a noncancerous condition such as inflammation of the prostate (prostatitis), an enlarged prostate (benign prostatic hyperplasia) or in more serious cases, prostate cancer.

Who should get a prostate exam and when?

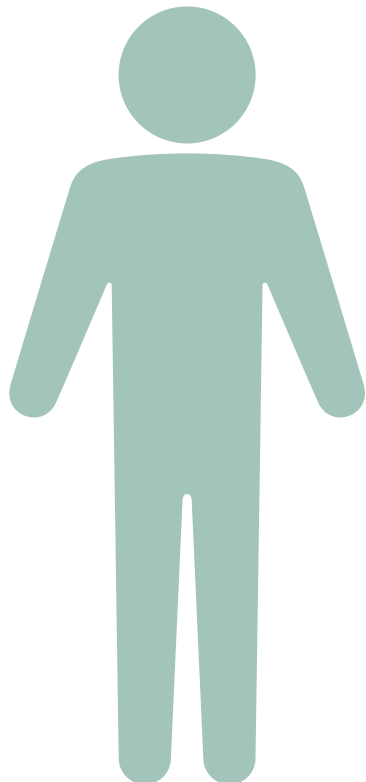
An enlarged prostate can lead to serious health problems including kidney or bladder damage. Men at high risk (older men or men with a strong family history) should be tested annually, beginning at age 45.

Common symptoms of prostate issues include:

- Trouble urinating
- Urinating freely
- Frequent urination
- Feeling that the bladder is not empty after urinating
- Feeling a sudden urge to urinate
- Stopping and starting repeatedly while urinating
- Straining to urinate

What lifestyle changes should you make if you experience an enlarged prostate?

- Maintain a healthy weight and exercise regularly
- Eat more fruits, vegetables and selenium rich foods
- Do not smoke
- Obtain a PSA blood test and digital rectal exam annually
- Limit alcohol and caffeine consumption
- Drink less liquids at night, especially before bed



For more information on prostate health, visit www.prostatehealthguide.com