

PROSTATE HEALTH

and African Nova Scotians

Prostate cancer is the most common cancer among men in Canada. African Canadian men are sixty per cent more likely to develop prostate cancer, and two and a half times more likely to die from the disease.*

Men of African descent are **more likely** to be diagnosed **at a younger age** with prostate health issues and with more **aggressive and advanced** tumours.



Symptoms of prostate problems

- Frequent urination
- Lower back pain
- Erectile dysfunction and painful ejaculation
- Problems passing urine [Pain, difficulty stopping the stream, dribbling]

Healthy eating habits can support a healthy prostate and prevent prostate problems:

- Aim for seven servings a day of vegetables and fruit
- Eat fewer servings of meat and dairy products. Choose meat alternatives often, such as beans, lentils, and tofu.
- Include sources of the nutrient Lycopene in your regular diet. Good sources of Lycopene are cooked tomatoes, watermelon, cooked sweet red peppers, and pink grapefruit.**

*Reference can be found online at www.NSbrotherhood.ca

**Grapefruit interacts with some medications. Consult a health professional before eating grapefruit if you take any medications.

Prostate Health by Age

29 AND YOUNGER:

Know your family history ■ Eat a healthy diet and maintain an active lifestyle
Have regular check-ups with your health team ■ Discuss family history with family members and your health team

39 AND YOUNGER

Discuss prostate health during regular check-ups ■ Learn what you can do to support prostate health ■ Eat well and stay active

40+

Have your prostate checked yearly ■ Discuss prostate health and risk factors during regular check-ups ■ Eat a healthy diet and maintain an active lifestyle

Genetic risk factors:

Your race, family history, and age all affect your risk for prostate problems:

Family history: Your risk for developing prostate cancer is double if your father has had prostate cancer

Your risk is triple if your brother has had prostate cancer

Race: African Canadian men are 60% more likely to develop prostate cancer than Caucasian men

Age: Black men in Canada are more likely to be diagnosed with prostate cancer at a younger age

Talk about prostate health, risks, and screening with your health team

Men need to have yearly prostate exams, especially men who have one or more of the genetic risk factors. Your prostate can be checked by:



Contact Nova Scotia Brotherhood to learn more about prostate health or to make an appointment with a member of the team about another health concern:

902.434.0824

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www.NSbrotherhood.ca

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health authority