



**LIVE WELL, WORK WELL**

**September 2022**

# PROSTATE CANCER AWARENESS

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Prostate Cancer Awareness.

## What Is Prostate Cancer?

Cancer starts when cells in the body begin to grow out of control. Cells in nearly any part of the body can become cancer cells, and can then spread to other areas of the body.

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. It makes some of the fluid that is part of semen.

The prostate is below the bladder (the hollow organ where urine is stored) and in front of the rectum (the last part of the intestines). Just behind the prostate are glands called seminal vesicles that make most of the fluid for semen.

The urethra, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate.

### Types of prostate cancer

Almost all prostate cancers are adenocarcinomas. These cancers develop from the gland cells (the cells that make the prostate fluid that is added to the semen).

Other types of cancer that can start in the prostate include:

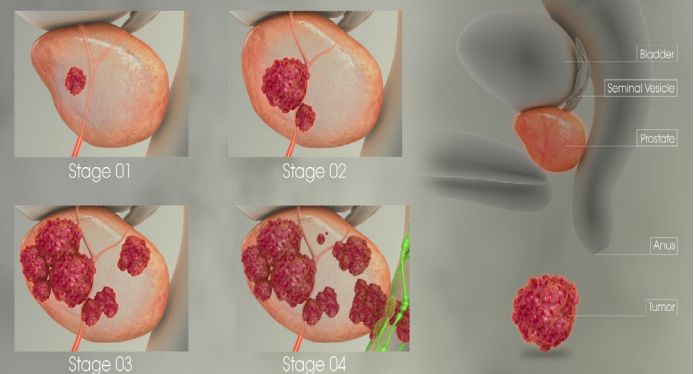
- Small cell carcinomas
- Neuroendocrine tumors (other than small cell carcinomas)
- Transitional cell carcinomas
- Sarcomas

These other types of prostate cancer are rare. If you are told you have prostate cancer, it is almost certain to be an adenocarcinoma.

Some prostate cancers grow and spread quickly, but most grow slowly. In fact, autopsy studies show that many older men (and even some younger men) who died of other causes also had prostate cancer that never affected them during their lives. In many cases, neither they nor their doctors even knew they had it.

<https://www.cancer.org/cancer/prostate-cancer/about/what-is-prostate-cancer.html>

### Prostate Cancer Stages



**Human Resources Department**  
**1201 E. 8<sup>th</sup> Street**  
**Mission, TX 78572**  
**956-580-8631**  
**[www.missiontexas.us](http://www.missiontexas.us)**



# Prostate Cancer

Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

## Symptoms

Prostate cancer may cause no signs or symptoms in its early stages.

Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction

## When to see a doctor

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

## Causes

It's not clear what causes prostate cancer.

Doctors know that prostate cancer begins when cells in the prostate develop changes in their DNA. A cell's DNA contains the instructions that tell a cell what to do. The changes tell the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die.

The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasize) to other parts of the body.

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## Risk factors

Factors that can increase your risk of prostate cancer include:

- Older age. Your risk of prostate cancer increases as you age. It's most common after age 50.
- Race. For reasons not yet determined.
- Family history. If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.
- Obesity. People who are obese may have a higher risk of prostate cancer compared with people considered to have a healthy weight, though studies have had mixed results. In obese people, the cancer is more likely to be more aggressive and more likely to return after initial treatment.

## Complications

Complications of prostate cancer and its treatments include:

- Cancer that spreads (metastasizes). Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it's unlikely to be cured.
- Incontinence. Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.
- Erectile dysfunction. Erectile dysfunction can result from prostate cancer or its treatment, including surgery, radiation or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction.

<https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>



# September is National Prostate Cancer Awareness Month

## Getting Screened for Prostate Cancer

Although there is no set age for when a man should begin prostate cancer screening, it is imperative that men have their prostates regularly examined. Because prostate cancer is often asymptomatic during the early stages, regular health screenings are key to catching the disease as soon as possible.

Your risk of developing prostate cancer increases as you age. Studies show that while only 1 in 10,000 men under the age of 40 will develop prostate cancer, approximately 6 in 10 cases are found in men 65 and older. Therefore, the National Comprehensive Cancer Network (NCCN) guidelines recommend discussing the risks and benefits of screening for men between the ages of 45 and 75. Here's what you can expect during a prostate exam or PSA test.

### Step 1: Prostate Exam

The first step in the screening process is a digital rectal exam, which is used to check your prostate for any abnormalities. During the exam, your urologist will insert a gloved finger into the rectum and feel for any hard, lumpy, or abnormal areas. Although you may feel slight discomfort during this process, the test only takes a few minutes to complete. If your doctor detects any suspicious areas during the exam, they will move forward with further testing.

### Step 2: PSA Test

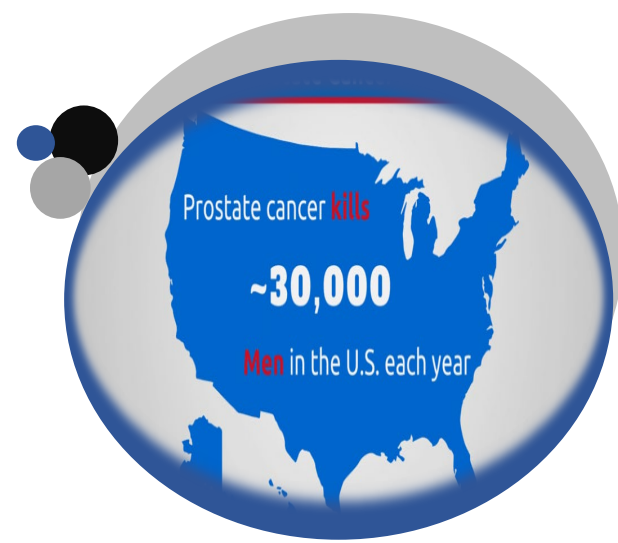
The next step in the screening process is to conduct a PSA blood test. PSA is a protein produced by the prostate gland, regardless of whether or not you have prostate cancer. Typically, very little PSA is found in the bloodstream. However, PSA levels are elevated in men with prostate cancer. If your PSA levels are higher than the recommended amount, a prostate biopsy may be necessary to further test for cancer.

## 4 Ways to Celebrate Prostate Cancer Awareness Month

There are multiple ways to show your support during Prostate Cancer Awareness Month. Here are four ways to celebrate and help spread awareness of prostate cancer — not only this month, but year-round as well!

### 1. Wear a blue ribbon or wristband

Prostate Cancer Awareness Month is represented by the color light blue. Wearing a blue ribbon or wristband throughout the month is a simple way to show your support and help spread awareness of the cause. There's a good chance someone will ask what your ribbon represents — and when they do, you can take the opportunity to educate them on prostate cancer and the importance of getting screened. It's a win-win!



### 2. Spread awareness

Prostate cancer is the most common non-skin cancer in America. However, despite how common this disease is, prostate cancer is often overlooked and misunderstood. Now that you understand more about this disease, it is important to do what you can to spread prostate cancer awareness. One of the best ways to do this is to encourage your friends and loved ones to get screened for prostate cancer. After all, sharing is caring — and that's what Prostate Awareness Month is all about!

### 3. Get screened for prostate cancer

Prostate cancer is a slow-growing disease that is very treatable when caught early. Fortunately, because of the various screening options that are available, prostate cancer is often caught before it spreads. One of the best ways to celebrate National Prostate Cancer Awareness Month is to be proactive and get tested before it's too late.

### 4. Donate to the Prostate Cancer Foundation

Nearly 3 million men in the United States are living with prostate cancer. The Prostate Cancer Foundation is dedicated to funding research that improves the prevention, detection, and treatment of prostate cancer. Consider donating to this organization to help them discover better treatment options and find a cure for prostate cancer once and for all!

<https://www.urologyspecialistsnc.com/prostate-cancer-awareness-month/>





# Treatment for Prostate Cancer

Your prostate cancer treatment options depend on several factors, such as how fast your cancer is growing, whether it has spread and your overall health, as well as the potential benefits or side effects of the treatment.

## Immediate treatment may not be necessary

Low-grade prostate cancer may not need treatment right away. For some, treatment may never be needed. Instead, doctors sometimes recommend active surveillance.

In active surveillance, regular follow-up blood tests, rectal exams and prostate biopsies may be performed to monitor progression of your cancer. If tests show your cancer is progressing, you may opt for a prostate cancer treatment such as surgery or radiation.

Active surveillance may be an option for cancer that isn't causing symptoms, is expected to grow very slowly and is confined to a small area of the prostate. Active surveillance may also be considered for someone who has another serious health condition or who is of an advanced age that makes cancer treatment more difficult.

## Surgery to remove the prostate

Surgery for prostate cancer involves removing the prostate gland (radical prostatectomy), some surrounding tissue and a few lymph nodes.

Surgery is an option for treating cancer that's confined to the prostate. It's sometimes used to treat advanced prostate cancer in combination with other treatments.

## Radiation therapy

- Radiation that comes from outside of your body (external beam radiation). During external beam radiation therapy, you lie on a table while a machine moves around your body, directing high-powered energy beams, such as X-rays or protons, to your prostate cancer. You typically undergo external beam radiation treatments five days a week for several weeks. Some medical centers offer a shorter course of radiation therapy that uses higher doses of radiation spread over fewer days.
- External beam radiation is an option for treating cancer that's confined to the prostate. It can also be used after surgery to kill any cancer cells that might remain if there's a risk that the cancer could spread or come back. For prostate cancer that spreads to other areas of the body, such as the bones, radiation therapy can help slow the cancer's growth and relieve symptoms, such as pain.
- Radiation placed inside your body (brachytherapy). Brachytherapy involves placing radioactive sources in your prostate tissue. Most often, the radiation is contained in rice-sized radioactive seeds that are inserted into your prostate tissue. The seeds deliver a low dose of radiation over a long period of time. Brachytherapy is one option for treating cancer that hasn't spread beyond the prostate.

## Freezing or heating prostate tissue

Ablative therapies destroy prostate tissue with cold or heat. Options may include:

- Freezing prostate tissue. Cryoablation or cryotherapy for prostate cancer involves using a very cold gas to freeze the prostate tissue. The tissue is allowed to thaw and the procedure repeats. The cycles of freezing and thawing kill the cancer cells and some surrounding healthy tissue.
- Heating prostate tissue. High-intensity focused ultrasound (HIFU) treatment uses concentrated ultrasound energy to heat the prostate tissue and cause it to die.

These treatments may be considered for treating very small prostate cancers when surgery isn't possible. They may also be used to treat advanced prostate cancers if other treatments, such as radiation therapy, haven't helped.

## Hormone therapy

- Medications that stop your body from producing testosterone. Certain medications — known as luteinizing hormone-releasing hormone (LHRH) or gonadotropin-releasing hormone (GnRH) agonists and antagonists — prevent your body's cells from receiving messages to make testosterone. As a result, your testicles stop producing testosterone.
- Medications that block testosterone from reaching cancer cells. These medications, known as anti-androgens, usually are given in conjunction with LHRH agonists. That's because LHRH agonists can cause a temporary increase in testosterone before testosterone levels decrease.
- Surgery to remove the testicles (orchiectomy). Removing your testicles reduces testosterone levels in your body quickly and significantly. But unlike medication options, surgery to remove the testicles is permanent and irreversible.

## Chemotherapy

- Chemotherapy uses drugs to kill rapidly growing cells, including cancer cells. Chemotherapy can be administered through a vein in your arm, in pill form or both.
- Chemotherapy may be a treatment option for treating prostate cancer that has spread to other areas of the body. Chemotherapy may also be an option for cancers that don't respond to hormone therapy.

<https://www.mayoclinic.org/diseases-conditions/prostate-cancer/diagnosis-treatment/drc-20353093>





# Did You Know?



## Employee Support Services

An Employee Assistance Program is a confidential benefit prepaid by your employer that offers an extensive range of behavioral health services including:

- **24/7 Toll-Free Helpline**
- **Telephonic Triage**
- **Telephonic Clinical Assessments**
- **In-the-Moment Support and Crisis Intervention**
- **Short-Term Counseling (range of visit model options)**
- **Clinical Case Management**
- **Formal Management Referrals, Non-DOT and DOT Substance Abuse Professional (SAP) Referrals**
- **Referrals to the Health Plan, Support Groups and Other Community Resources**

Using our solution-focused, short-term counseling model, counselors support employees and their family/household members on a wide range of mental health, personal and work-related issues for which short-term counseling is appropriate, including but not limited to:

- Emotional & Psychological Issues
- Stress/Tension/Grief
- Depression, Anxiety
- Anger Management
- Marital & Family Relationships
- Interpersonal Relationships
- Child & Adolescent Problems
- Parenting Problems
- Childcare/Eldercare Issues
- Domestic Violence
- Physical & Emotional Abuse
- Substance Abuse & Dependency
- Occupational Issues/Job Stress
- Interpersonal Problems with Coworkers
- Adjustment to Disability Counseling
- Legal/Financial/Identity Theft Issues
- Crisis Management, Workplace Violence
- Coping with Chronic Medical Issues

**Please call our toll-free 24-hour Helpline number at (866) 327-2400 for clinical services or call 911 for an emergency.**

## Last Month's Events:

### 2022-2023 Open Enrollment

#### "Open Enrollment Winners"

- Daniel Alejandro (Parks): \$100.00 Wal-Mart Gift Card
- Juan Gonzalez (Water Distribution): \$100.00 Target Gift Card
- Jose Santoyo (Golf): \$100.00 HEB Gift Card

#### Health and Wellness Seminar "UV Safety"

#### Health and Wellness Seminar "Immunization Awareness"

## Upcoming Events:

### Walking Program

Tuesdays and Thursdays  
4:30PM at your designated facility

### Spirit Fridays

Wear NFL/MLB player's/high school jersey or shirt to work.

### Health & Wellness Seminar

"Prostate Cancer Awareness"

Thursday, September 15, 2022

Lunch and Learn at Shary Golf Course

12:00PM to 1:00PM

### 1st Annual Employee Golf Tournament

Saturday, September 24, 2022

8:30AM at Shary Golf Course

## Let's Get Moving

# 30 DAY PUSH-UP CHALLENGE

DAY 1 - 40 PUSH-UPS

DAY 2 - 45 PUSH-UPS

DAY 3 - 50 PUSH-UPS

DAY 4 - REST

DAY 5 - 50 PUSH-UPS

DAY 6 - 55 PUSH-UPS

DAY 7 - 55 PUSH-UPS

DAY 8 - REST

DAY 9 - 60 PUSH-UPS

DAY 10 - 60 PUSH-UPS

DAY 11 - 65 PUSH-UPS

DAY 12 - REST

DAY 13 - 65 PUSH-UPS

DAY 14 - 70 PUSH-UPS

DAY 15 - 70 PUSH-UPS

DAY 16 - REST

DAY 17 - 75 PUSH-UPS

DAY 18 - 75 PUSH-UPS

DAY 19 - 80 PUSH-UPS

DAY 20 - REST

DAY 21 - 80 PUSH-UPS

DAY 22 - 85 PUSH-UPS

DAY 23 - 85 PUSH-UPS

DAY 24 - REST

DAY 25 - 90 PUSH-UPS

DAY 26 - 90 PUSH-UPS

DAY 27 - 95 PUSH-UPS

DAY 28 - REST

DAY 29 - 95 PUSH-UPS

DAY 30 - 100 PUSH-UPS

#BEASTMODE

TAKE IT TO THE  
NEXT LEVEL

EXPLODE AND PUSH YOUR  
HANDS OFF THE GROUND FOR  
AN ADDITIONAL CHALLENGE.

