

DID YOU KNOW?

Prostate cancer is the most common male malignancy in the world.

It is up to you to help reduce your risk through:

Prevention

- Reduce or eliminate red meat, dairy, saturated fats and egg yolks.
- Eat five servings of meat and vegetables each day.
- Restrict calories to 500 for each of 3 meals per day and 100 for each snack for a total of 1800 calories per day.

Early Detection

- Testing should start at age 35 if you have a family history of prostate cancer, a family history of breast cancer on your mother's side or if you are African American.
- Regular testing for all males should start at 40. This should include:
 - A yearly physical with a digital rectal exam
 - A simple blood test known as a PSA

Appropriate Treatment

- If your PSA is elevated it is **important** to follow-up with a urologist
- Treatment options could include surgery, hormone therapy, radiation therapy and possible chemotherapy. Sometimes it is a combination of two or more of these.

What you need to remember is prostate cancer is treatable with early detection.

**If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at**

www.medcertinc.com



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