

TREATMENT OPTIONS

If detected early, the three (3) common treatment options are:

- **Surgery:**
Surgical removal of the prostate gland.
- **Radiotherapy:**
Targeted radiation to eliminate cancer cells.
- **Active Surveillance:**
Regular monitoring through PSA tests.

EARLY DETECTION MATTERS

If you experience symptoms, visit your nearest health centre or talk to your doctor today.

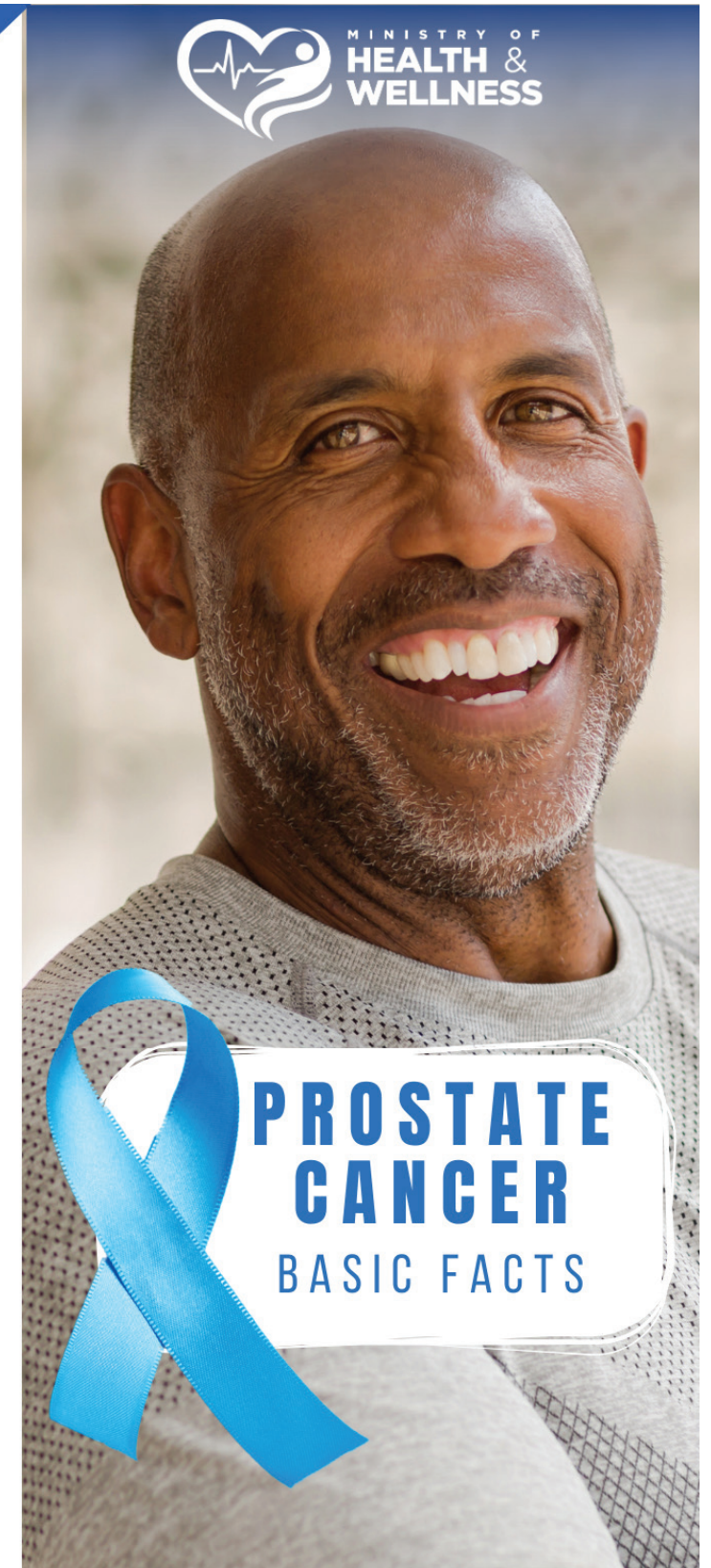
Get tested before symptoms arise because early detection saves lives.



Website:
<https://ncdip.moh.gov.jm>

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PROSTATE CANCER IN JAMAICA

Prostate cancer is the most common cancer in Jamaica, affecting men as they age. In 2020, there were an estimated 1561 new cases of prostate cancer.

RISK FACTORS

Prostate Cancer mainly affects black men:

of older age

OR

with a family history of prostate cancer



WHEN TO SCREEN

- Start screening at 40 years old.
- Screening options include Digital Rectal Examination (DRE) and the Prostate Specific Antigen test (PSA).

UNDERSTANDING THE PSA TEST

- The PSA test is a blood test that measures the amount of prostate-specific antigen (PSA) in your blood.
- PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells.
- A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer.

RECOGNIZING ADVANCED PROSTATE CANCER

Early stages may not show symptoms.

Advanced symptoms include:

- Taking a long time to start urinating
- Frequent urination
- Painful urination
- Urine comes in trickles and doesn't flow continuously
- After urination, a man may have the sensation that his bladder is still not empty and feel the need to urinate immediately after doing so
- Acute urinary retention commonly known as "stoppage of water"
- Sudden urgency to pass urine
- Blood in the urine
- Blood in the semen.