



# CHATTING ABOUT HEALTH

## PROSTATE CANCER

*The prostate is part of the male reproductive system.*

*Prostate cancer is a disease in which cells of the prostate grow out of control.*

### Most prostate cancers grow slowly and don't cause any health problems.

- Most prostate cancers found by screening are small and slow growing.
- Faster growing prostate cancers may benefit from early treatment.

### Different people have different symptoms of prostate cancer.

Symptoms of prostate cancer can include:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in urine or semen
- Pain in the back, hips or pelvis that does not go away
- Painful ejaculation

### Keep in mind

- *These symptoms may be caused by conditions other than prostate cancer. Talk to your doctor if you are having symptoms.*
- *Most men have no symptoms.*

### Screening for Prostate Cancer

- Blood test
  - Can be abnormal for other reasons besides prostate cancer.
  - The only way to know if an abnormal blood test is due to cancer is to do a biopsy.
- Biopsy
  - A minor surgery to get small pieces of the prostate to look at under a microscope.
  - If a biopsy shows cancer cells, you can discuss treatment options with your doctor.

### Treatment

Prostate cancer treatment options include:

- Close monitoring
- Radiation
- Surgery to remove the prostate

Side effects of radiation or surgery include:

- Impotence
- Loss of bladder control
- Problems with your rectum

### Learn more

<https://www.cdc.gov/prostate-cancer/index.html>



# SEPTEMBER IS FOOD SAFETY AWARENESS MONTH



The US food supply is among the safest in the world but disease-causing pathogens can still sometimes contaminate food and cause foodborne illness.



1 in 6 Americans experience foodborne illness every year.

- Illness usually begins within 1 to 3 days. *In some cases symptoms can start within minutes.*
- Most healthy people recover in a short time but some can develop chronic, severe or even life-threatening health problems.
- Symptoms may include vomiting, diarrhea, abdominal pain, fever, headache and body aches.
- Some people like pregnant women, older adults, and people with weakened immune systems are at higher risk of developing foodborne illness.

**To reduce your risk of foodborne illness, follow these simple steps:**

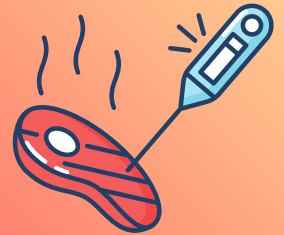
## CLEAN

Wash hands and surfaces often



## COOK

Cook to the right temperature



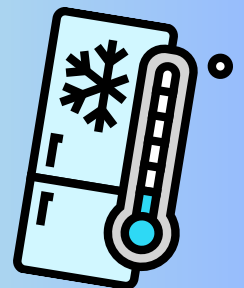
## SEPARATE

Separate raw foods from other foods



## CHILL

Refrigerate foods properly



**For more details visit FDA:**

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>For more details visit

