



Wellness In Action



October: Spotlight on Prostate Cancer

★★★ BAMC HEALTH PROMOTION ★★★

A Spotlight on Prostate Cancer

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Prostate cancer is the most common cancer in men. It develops slowly and those who have it may be asymptomatic for many years. Each year, approximately 200,000 American men are diagnosed with prostate cancer and 27,000 die from the disease. Death rates are declining and five year survival rates are up to 98 percent as most men diagnosed with prostate cancer do not die from it. Improvements in survival rates are the result of increased use of early detection tools and improved treatments.

Risk Factors

- Being 55 years of age or older—risk increases as you age.
- Genetics - African Americans have the highest incidence rate and are more often diagnosed at advanced stages of the disease.
- Having a family member like a brother, son or father who had prostate cancer.
- Being a carrier of the BRCA2 gene.
- Diet- Consuming foods high in fat or drinking alcoholic beverages.
- Using tobacco.

Primary Prevention

There are two tests commonly used to screen for prostate cancer

- At age 55 (or younger if you are at higher risk) have routine PSA testing (Prostate-Specific Antigen blood test) to measure levels of the protein produced by prostate cells. High levels can occur in men with prostate cancer, although some men may have high levels and no cancer.
- Have regular digital rectal examinations (DRE) to check for size, shape and any irregularities in the prostate gland.
- Make some positive lifestyle changes: Eat a balanced diet; maintain a healthy weight; exercise; and don't use tobacco.

Early Warning signs

With advanced disease, men may experience the following problems:

- Weak or interrupted urine flow, difficulty starting urine flow and need to urinate frequently, especially at night.
- Blood in the urine, or pain or burning with urination.
- Pain in the hips, spine, ribs, or other areas.

Treatment Options

Below is a list of the most common treatment options for prostate cancer and the best therapy for each patient depends on age, stage of the disease and personal preferences.

- Active surveillance is recommended for men with lower risk cancers. Treatment plans often involve periodic monitoring with PSA/DRE and repeat biopsies.
- Watchful waiting is often recommended for older men who may have other health issues and may not need to be treated for prostate cancer.
- Surgery to remove the prostate may be recommended for healthy men with disease confined to the prostate. Most of these surgeries are done by the *da Vinci Surgical System* which is a minimally invasive type of procedure.
- Radiation therapy, including image-guided therapy used following surgery, and brachytherapy, in which radioactive "seeds" are placed near the tumor; radiation is generally used for older men with prostate cancer or those who prefer radiation rather than surgery.
- Hormonal therapy and chemotherapy is often provided for men with advanced cancer that has spread beyond the prostate.

No matter the treatment option, outcomes are greatly enhanced when patients are cared for by experienced prostate cancer professionals.

Sources:

<http://www.cancer.org/cancer/prostatecancer/>

<http://www.cancer.gov/types/prostate>

<https://www.cdc.gov/cancer/prostate/>

<http://www.mayoclinic.org/>



JBSA-Fort Sam Houston & Surrounding Area Information



Influenza Vaccinations Are Available!

Call the SAMMC/BAMC FluLine at 210-916-7FLU for information on influenza vaccination locations and schedules and locations.

Tobacco Cessation Program

This live, in-person program is comprised of four classes, provided once a week for four weeks. Participants interested in receiving pharmaceutical cessation aids can meet one-on-one with a provider during Week 2 of the program. Please call JBSA-FSH Army Health Promotion at 210-916-7646 for class schedules and to enroll.

PROGRAM ELIGIBILITY GUIDELINES:

TRICARE Beneficiaries: The Tobacco Cessation Program is open to all TRICARE beneficiaries.

DoD Beneficiary Employees: The Occupational Health Clinic will continue to provide cessation classes and pharmaceutical cessation aids for DoD Beneficiary Employees until 31 December 2016. Cessation services are subject to the guidelines of the Third Party Collection Program. For more information, please call the OH Clinic at 210-916-3707.

Contract Employees & Non-Beneficiaries: Contract employees, who are not DoD Beneficiaries, are excluded from participation unless program entitlement is specifically documented in their contract. Non-TRICARE beneficiaries are also ineligible.

Healthy Life Balance Group

According to the World Health Organization (WHO), "Health is a state of complete physical, mental, and social well-being." Healthy living is comprised of the steps, actions and strategies we use to achieve health and well-being.

It requires a balance of responsible and smart health choices; eating right, daily physical activity, emotional and spiritual wellness, adequate sleep, avoiding harmful drugs, alcohol, tobacco, illness, stress, & safeguarding a good work-life balance.

The Healthy Life Balance Group is available to support your efforts to develop and maintain a healthy lifestyle. This program is offered by Army Public Health Nursing and is open to all TRICARE beneficiaries. Participants receive individual (or group) health risk assessments which are complimented with an array of health promoting activities and classes. Classes highlight the impact and importance of proper sleep, activity, nutrition, and stress management.

Activities and classes are provided by health educators who work to equip participants with the fundamental tools and motivation necessary to reach their healthy lifestyle goals.

Initial sessions are offered quarterly and are held once a week, for 13 weeks. Active Duty and those under Tricare are eligible to attend.

Call JBSA-FSH Health Promotion for more info. @ 210.916.7646 or 916.8824

12-Week Walking Challenge!

Take advantage of the summer/fall seasons by joining the 12-Week "Just Do It" Walking Challenge sponsored by IMCOM HQ's. Enrollment and participating is simple (**Note** - All civilians, Soldiers, contractors, retirees, and their family members are welcome to enroll!):

1. Get yourself an activity tracker
2. Set out to walk daily (goal is to aim for 10,000 steps per day)
3. Enroll in the Walking Challenge through the IMCOM Civilian Wellness Coordinator by calling 907-873-7327. You can download an enrollment form at:

https://army.deps.mil/army/cmds/imcom_HQ/surgeon/SitePages/Home.aspx

Further guidance will be sent to you once you enroll.

Now let's get out there and "Just Do It!"



For more information on starting your journey to a healthier lifestyle, contact BAMC Army Public Health Nursing, Health Promotion at 210.916.7646 to schedule an appointment for a Health Risk Assessment.

During your appointment, you will receive personalized information that will allow you to make informed decisions regarding your modifiable risk factors. Health educators can empower you through education and coaching to make healthier lifestyle choices and move toward a better future.