

BUZZ, BODY & BITES

A newsletter for actively aging adults

Virginia Cooperative Extension
Family & Consumer Sciences

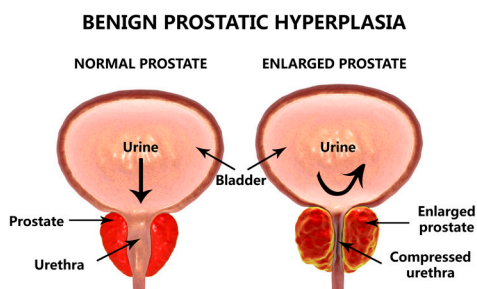
September 2021 Newsletter

Buzz

PROSTATE CANCER SYMPTOMS AND SCREENING

Prostate cancer symptoms can be similar to symptoms of other issues, like benign prostate hyperplasia and prostatitis. Men with any of these symptoms should consult a doctor:

- Strong urge to urinate immediately
- Frequent nighttime urination
- Pain and/or burning during urination
- Difficulty starting to urinate
- A weak urinary stream
- Pain in the genital and pelvic area
- Blood in the urine or semen
- Frequent urinary tract infections
- Unexpected weight loss
- Pain in the lower back or pelvis
- Anemia
- Fatigue



Prostate Cancer Awareness Month

What is the prostate? Every man has a prostate gland, which is a walnut sized structure, weighing around 25 grams surrounding the bladder neck. The prostate gland nourishes the sperm. As men get older, the size of the prostate increases and can become enlarged, compressing the urethra that drains urine from the bladder, causing common symptoms such as difficulty in urination.

What is Prostate Cancer? Prostate cancer is when a normal prostate cell starts growing in an uncontrolled way. It is the most common cancer in males, affecting 1 in 6 men. Prostate cancer is very slow growing and usually presents in men 65 years and older, but it can occur at any age. Prostate cancer often takes many years to become large enough to be detectable, and most men diagnosed with prostate cancer have no symptoms.

Prostate cancer is the second leading cause of cancer death in men, however most prostate cancers do not cause death. The 5-year survival rate for men diagnosed with local or regional prostate cancer is greater than 99%. In other words, the chances of men dying from their prostate cancer is generally low. Having said that, prostate cancer comes in many forms, and some prostate cancer can be aggressive even when confined to the prostate.

Who is at risk for getting Prostate Cancer? Prostate cancer risk increases when there is a family history of prostate cancer, especially in a brother or father, and if the family member was diagnosed when less than 65 years old. Certain inherited genetic mutations, like BRCA1 or BRCA2 also increase risk. Prostate cancer develops in African American men more often and earlier than in men of other races, and Black men are over 2 times more likely to die from the disease. Risk also rises with age older than 65.

What are the prostate cancer screening guidelines?

When and if a man should get screened varies among individuals. Various organizations provide screening guidelines. The American Urologic Association recommends starting screening between 40-55 depending on individual risk factors. All organizations recommend that men make informed screening choices by talking with their doctor. The Prostate Specific Antigen (PSA) blood test is used to screen for prostate cancer. It can help catch the disease at an early stage when treatment is more effective. Your health care provider may perform a digital rectal exam (DRE) with the PSA to check for any irregularities in the size, shape, or texture of the prostate. If the PSA is elevated and the DRE is abnormal, your doctor may order a prostate biopsy to determine if you have prostate cancer.

Contributed by: Sharzad Rabie, RN, MSN, FNP-BC
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Bites

Oven-Fried Fish



This recipe is filled with cancer fighting nutrients. Tomatoes are rich in lycopene, an antioxidant associated with a reduction in risk of several cancers including prostate. Halibut is rich in selenium, another cancer-fighting antioxidant. (Recipe from: www.aicr.org/cancer-prevention/recipes/pan-seared-halibut-with-heirloom-tomatoes/)

Ingredients:

Halibut:

- 2 5 oz. halibut fillets
- Salt and freshly ground black pepper, to taste
- 1 tsp. olive oil
- 1 tsp. butter
- 1 tsp. fresh thyme, chopped
- Juice of ½ lemon

Heirloom Tomato Topping:

- 1/2 lb. heirloom tomatoes, chopped (juices saved)
- 1 tsp. fresh basil, chopped
- 1/2 tsp. olive oil
- 1 tsp. shallot, minced
- 1 tsp. chives, chopped
- 1 tsp. white balsamic vinegar
- Salt and freshly ground black pepper, to taste

Instructions:

Combine the tomatoes and their juices with the basil, olive oil, shallots, chives and vinegar. Season with salt and pepper (to taste) and set aside.

Pat dry the halibut fillets with paper towels and season with salt and pepper.

Heat 1 tsp. of olive oil over medium-high heat in a skillet. Add the halibut and cook until browned on the bottom, about 5 minutes. Flip the fillets and add the butter, thyme and lemon; cook 2 minutes longer spooning the liquid over the fillets as they cook.

Transfer the halibut to a plate. Spoon tomato mixture on top of each filet.

Body

Wheelchair or Chair Exercises

This is the fourth in an exercise series for wheelchair users and those who enjoy chair exercises. Target: shoulders, upper back, abdomen



Shoulder Retractions

1. Sit up straight and a bit forward
2. Hold your arms out in front with elbows bent 90 degrees, hands facing down.
3. Thrust your arms out in front of you as far as they will go without locking elbows.
4. Pull your elbows back to a point behind your back and squeeze shoulder blades together.
5. Hold the position 5 seconds.
6. Relax shoulder blades and return to the outstretched position. Repeat 10 times

Mind Games

Prostate Health Word Search

R	E	D	U	E	A	R	L	Y	P	R	E	A	L
I	C	S	E	L	A	M	N	R	H	F	T	S	A
S	A	I	R	T	Y	F	E	L	Y	Y	A	Y	M
K	R	E	U	C	A	D	F	L	S	R	T	M	R
P	S	A	D	M	L	I	A	E	I	A	S	P	O
G	N	S	I	O	E	B	T	C	C	N	O	T	N
L	N	L	E	O	I	R	I	L	I	I	R	O	B
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I	Y	D	E	T	A	V	E	L	E	E	A	I	A
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BIOPSY
DRE
SYMPTOMS
TREATMENT
RISK
OLDER
PHYSICIAN
FAMILY
ELEVATED
PSA
ABNORMAL
GLAND
PROSTATE
EARLY
FATIGUE
EXERCISE
STRESS
URINARY
PAIN
RACE
CELL
DIET
ANEMIA
MALES

RESOURCES

American Cancer Society

www.cancer.org/cancer/prostate-cancer.html

Centers for Disease

Control and Prevention

www.cdc.gov/cancer/prostate/basic_info/index.htm

US Preventive Services Task Force

www.uspreventiveservicestaskforce.org/uspsf/recommendation/prostate-cancer-screening

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