

MEN'S HEALTH

Important Health Resource For Men

(NAPS)—An informative Web site offers help and hope to the over 186,000 American men who, each year, are diagnosed with one of the most common, serious health conditions they can face.

The condition, prostate cancer, is a disease that, when detected early, is very treatable. Still, nearly 30,000 men die from it annually.

Dealing With Prostate Cancer

If you are diagnosed with prostate cancer, you'll likely be presented with a variety of treatment options. The type of treatment you get usually depends on what stage the cancer is in. Men and their doctors can weigh the risks, advantages and disadvantages of each option and its possible side effects.

Learning about the experiences of prostate cancer survivors might also help you better deal with your condition. The Web site, which is at www.ustoo.org, offers online discussion groups for men recently diagnosed with prostate cancer and their families.

The site, provided by a non-profit organization called Us TOO International, features information on treatment options, local chapters people can turn to for help, and facts on posttreatment issues and recurrence from men who'd been through it already. It also features a free resource kit for newly diagnosed prostate cancer patients, as well as facts on specific screening tests and prostate cancer prevention strategies.

Know The Risks

Research has shown that men with certain risk factors are more likely than others to develop prostate cancer. These factors include age—the chances of devel-



A unique Web site offers men timely and targeted information to help them deal with a serious and all-too-common disease.

oping the disease goes up sharply over time—as well as a family history of prostate cancer. Race is also a risk factor, with the condition being more common in African-American men and less common in Asian and American Indian men.

According to the men's health experts at Us TOO International Prostate Cancer Education & Support Network, early-stage prostate cancer may not be associated with any obvious signs or symptoms—or it may cause symptoms that can be mistaken for those of other disorders. That's one reason it's so important to be screened for the disease.

Indeed, experts say men under the age of 75 should have annual prostate examinations—which should include both a PSA blood test and a digital rectal examination—starting at age 40 if they are at high risk for the disease and no later than 45.

Learn More

For more information, visit www.ustoo.org or call (800) 80-US-TOO (800-808-7866).

Web Watch

The Web site www.ustoo.org includes facts on prostate cancer screening, risk factors and treatments. It also provides links to prostate cancer support groups and offers advice to people newly diagnosed with the disease.

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