

Vasectomy is rumored to place men at a higher risk for prostate cancer.

False: There is no evidence to support this theory

High levels of sexual activity or frequent ejaculation have been rumored to promote cancer risk.

False

## Useful Contacts:

Mauritius Cancer Society

*Fax: 425 0143*

*Email: mcs@hotmail.com*

Link to Life

*Tel: 686 0666*

*Email: linktolife@intnet.mu*

Association ViSa Mauritius

*Tel: 698 3258*

*Fax: 686 4498*

*Email: amadeus@intnet.mu*

*Website: <http://mauritius.globalink.org>*

Non-Communicable Diseases and  
Health Promotion Division  
Ministry of Health & Quality of Life

*7th floor*

*Emmanuel Anquetil Building*

*Port-Louis*

*Tel: 201 1929 / 201 2179*

*Fax: 212 3770*



Mauritius Research Council

La Maison de Carné  
Royal Road  
Rose Hill

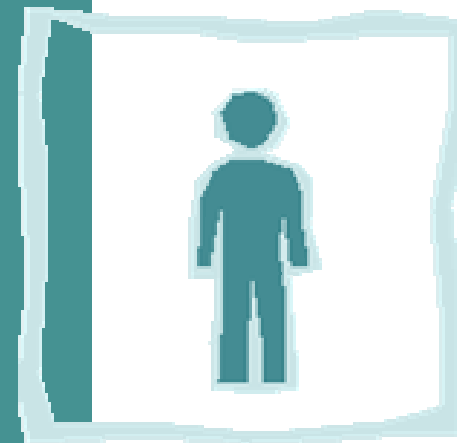
Phone: 465 1235

Fax: 465 1239

Email: [mrc@intnet.mu](mailto:mrc@intnet.mu)

<http://www.mrc.org.mu>

# Prostate Cancer



Your Guide  
to  
Prostate Cancer



Mauritius Research Council

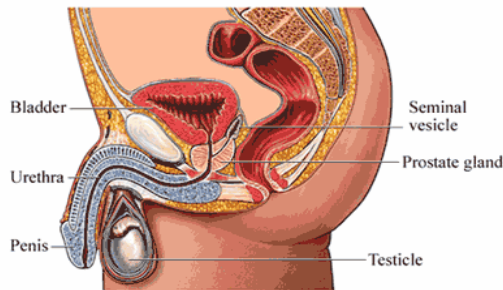


Ministry of Health & Quality of Life

## What is prostate cancer?

The prostate is a walnut-sized gland located between the bladder and the penis and is in front of the rectum.

Prostate cancer occurs when cells within the prostate grow uncontrollably, creating small tumors.



Copyright © 2004 Nucleus Medical Art, Inc. All rights reserved. www.nucleusinc.com

Primary tumors are often curable (rates of 90% or better) with standard interventions such as surgery or radiation that aim to remove or kill all cancerous cells in the prostate. Unfortunately, at this stage the cancer produces few or no symptoms and can be difficult to detect.

However, as the tumor grows it may spread from the prostate to nearby lymph nodes, bones or other organs causing secondary tumors.

### Fact:

Prostate cancer is the second cause of cancer incidence and the third cause of cancer mortality amongst males in Mauritius.

## Contributing factors that leads to prostate cancer?

- Age: the disease is most common in older men with 80% of cases of prostate cancer occurring in men over age 65.
- Family History of prostate cancer: Men with a first-degree relative - father, brother or son - with a history of prostate cancer are twice as likely to develop the disease.
- Nutrition: High-fat diet
- Vitamin D & sunlight

## Symptoms of prostate cancer

They may include:

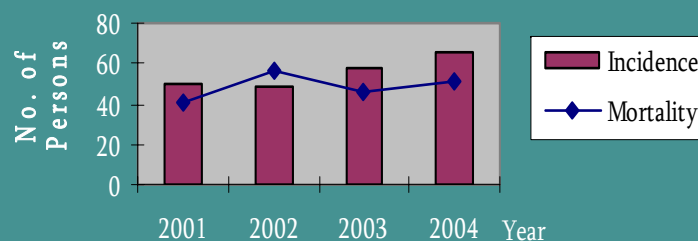
- Frequent urination (especially at night)
- Weak urinary stream
- Inability to urinate
- Interruption of urinary stream (stopping and starting)
- Pain or burning on urination
- Blood in the urine
- Pain in lower back, pelvis or upper thighs

## Can prostate cancer be prevented?

The risk of prostate cancer can be reduced by maintaining a healthy diet. The following measures can help:

1. **Reduce or eliminate** red meat, dairy fats, saturated fats, and egg yolk in your diet.
2. **Include fruits and vegetables in at least three meals every day.** Tomatoes and strawberries are particularly beneficial.
3. **Restrict your daily caloric intake** to roughly 500 calories for each main meal per day and 100 calories for each snack per day. (This depends on your weight)
4. **Avoid excessive carbohydrate intake.** Your protein to carbohydrate intake ratio should be 3:4. Sources of carbohydrates are breads, pasta, rice, grains, cereal, biscuits, cakes, pastries, pulses. Sources of proteins are meat, poultry, fish and eggs.
5. **Eliminate smoking, reduce alcohol consumption, and exercise regularly.**

Prostate Cancer Incidence and Mortality  
2001-2004



For more information about Prostate Cancer , consult:

1. <http://www.prostatecancerfoundation.org>
2. <http://prostate-cancer.org/resource/pdf/pamphlet.pdf>