

Prevent Prostate Cancer

It's your health make the Right Choice



KEY PROBLEM:

Culture of prevention and early detection of Prostate Cancer lacking.

Prostate cancer is the most common cancer in men in Barbados and third in the world. Prostate cancer often grows very slowly and may not cause significant harm initially. However, some types are more aggressive and can spread quickly without treatment.

In the early stages of the disease, men may have no symptoms but later in the disease symptoms may be seen. Advanced cancer can cause deep pain in the lower back, hips, or upper thighs. According to the latest World Health Organization (WHO) data published in April 2001 prostate cancer deaths in Barbados reached 99 or 6.30% of total deaths. The age adjusted death rate is 27.85 per 100,000 of population which ranks Barbados #3 in the world.

Cancer of the prostate was “a concern throughout 2000–2004.” In 2000, 63 Barbadian men were diagnosed with prostate cancer, and there were 102 deaths from prostate cancer, representing 24.2 percent of all cancer-specific deaths in Barbados.

The Honorary secretary of the Barbados Cancer Society, Dr Dorothy Cooke-Johnson, said Barbadian men were suffering because of “late stage prostate cancer diagnosis” and she insisted that a “total change” was needed from late stage to early detection.

Target Population: Men 40 to 79 yrs.

Secondary audience: spouses and significant others of men 40–79; family; friends

As men age their risk for prostate cancer increases. During a six and a half year study (July 1, 2002–December 31, 2008) of the Barbados National Cancer Study (BNCS), 1,101 men were diagnosed with histologically confirmed prostate cancer.

Knowledge, Attitudes and Behaviours

African-American men have the highest prostate cancer rates worldwide, and innovative efforts are needed to increase cancer prevention and screening behaviors among this population. Barbados ranks number 3 in prostate cancer in the world.

Health behaviours associated with decreased prostate cancer risk include eating a diet emphasizing fruits and vegetables, regular physical activity and prostate cancer screening. Diets high in red meat and/or high-fat, and dairy products are associated with increased prostate cancer risk. A number of studies have reported that physically inactive men have higher rates of prostate cancer compared to physically active men and physical activity may reduce men's risk of contracting prostate cancer by 10-30%.

The study on "Knowledge, Beliefs and Barriers Associated with Prostate Cancer Prevention and Screening Behaviors among African-American men" outlined three main themes: (1) culturally and gender-influenced beliefs and barriers about cancer prevention and screening; (2) barriers related to the health care system; and (3) religious influences. Widespread in the Barbadian population were the following:

KNOWLEDGE

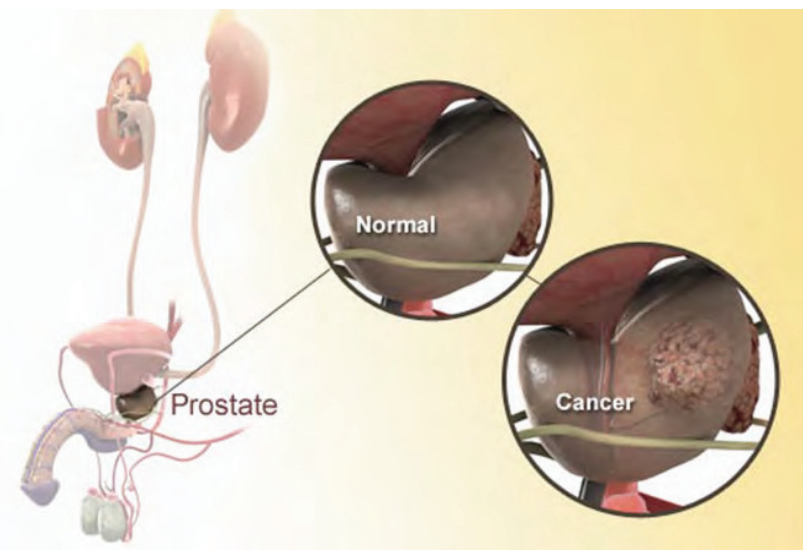
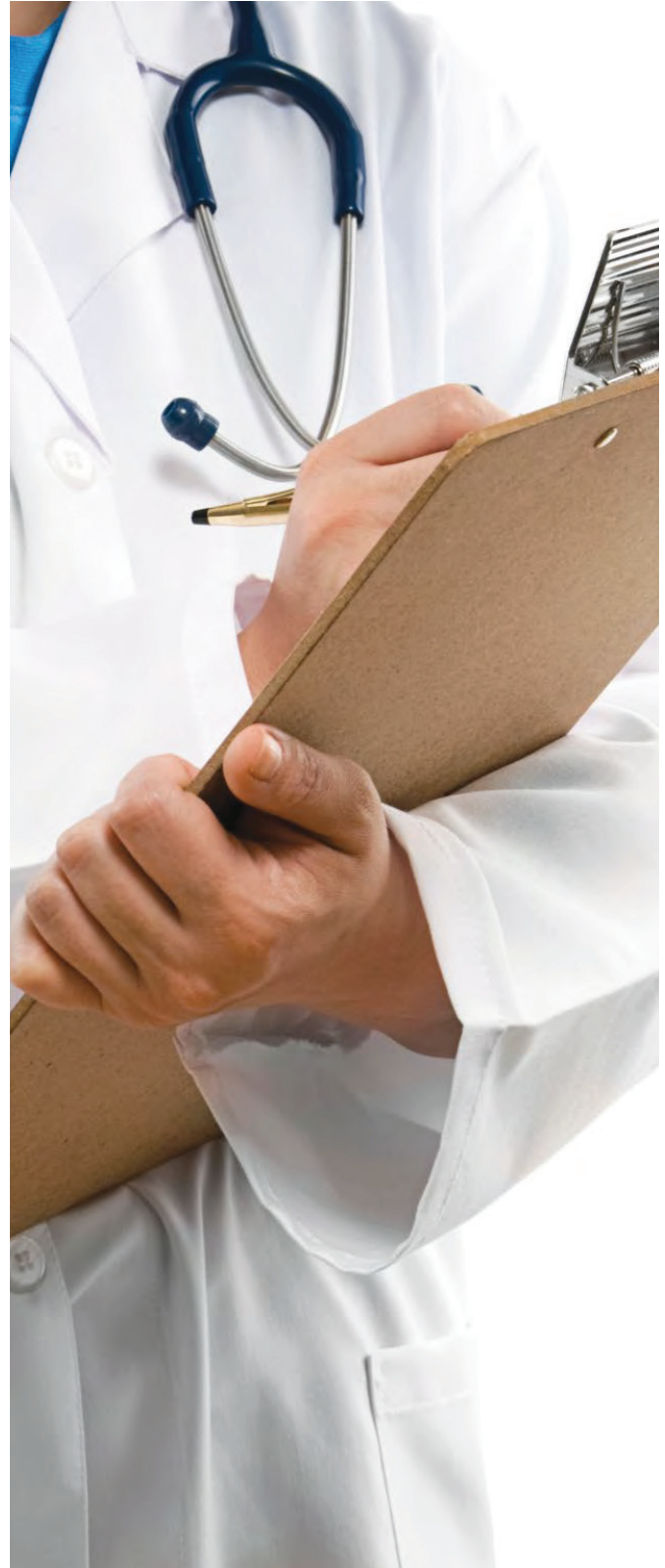
- Prostate cancer is more prevalent in black men
- Prostate cancer could be prevented, risk factor (age), prostate, changing diet, screening.
- Some persons say they need more information before doing a PSA (Prostate-specific antigen) or DRE (Digital Rectal Examination)
- Some people are aware that prevention and early detection helps save lives

Attitudes

- Fear of needles to get a PSA and fear of digital rectal examination
- The issues of masculinity and privacy, belief that DRE is uncomfortable and embarrassing
- Confusion over getting a PSA test because of diverse information
- Fear of surgery and treatment

Behaviours

- Poor health seeking behaviour of men
- Refusal to be tested
- Refusal to have a DRE
- Refusal to change diet and increase physical activity



Recommended international & local approaches

The major risk factors, age, race, and family history, cannot be changed but some of the less well-established risk factors can be modified and may have a preventive effect.

1. Use a diet low in fat and consisting mostly of vegetables, fruits, and grains to prevent prostate cancer. Cancer Societies recommend limiting high-fat foods, especially from animal sources, and consuming primarily foods from plant sources. **Promote the use of food** rich in lycopene (tomatoes), omega 3 fatty acids (fish oils), isoflavonoids (soybeans), polyphenols (green tea), α -tocopherol (vegetable oils, seeds, grains, nuts), selenium (vegetables,

grains), vitamin D and fiber to significantly reduce the risk of developing prostate cancer or even reduce the mortality due to the disease.

2. Engage in regular exercise, maintaining a healthy body weight, not smoking, and not drinking too much alcohol are all healthy habits that have a beneficial effect on prostate cancer risk.
3. Awareness and education about prostate cancer reduction consists of primary prevention which includes the period prior to the diagnosis of prostate cancer and secondary prevention involves the prevention of recurrence or progression of micro-metastatic disease. The role of dietary constituents and vitamins in the

chemoprevention of prostate cancer has been addressed in several clinical trials.

Readiness to change behaviour

Some men in Barbados are not very ready to change their behaviour as it relates to diet, increase physical activity, and early detection through screening test, PSA and DRE. However, over the years they have been an improvement among the minority of men to increase fruit and vegetable intake and take a PSA test. Most men are still afraid of DRE and only agree to examinations if their doctor insists because of symptoms.

Its time to change, this is your health you need to make the right choice.

BY CARMETA DOUGLIN



We invite you to join us for our

Divine Hour Service

HELD EVERY SABBATH
FROM 11:30 A.M. - 12:30 P.M.

Come & be Blessed!