

June Is Men's Health Month Awareness

What is the prostate?

The prostate is a small gland that is part of the male reproductive system. It's about the shape and size of a walnut.

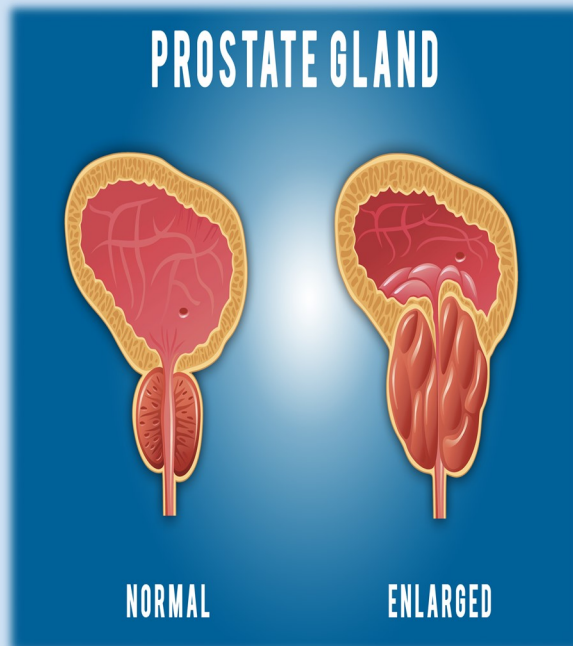
What is the prostate function?

The prostate helps make some of the fluid in semen, which carries sperm from your testicles when you ejaculate.

This enlargement is a condition called benign prostatic hyperplasia (BPH).

The common symptoms of enlarged prostate include:

- Frequent urination
- Nocturia or increased frequency of urination at night
- Difficulty in starting the urination or straining while urinating
- Weak or a continuous stream of urine
- Dribbling at the end of urination
- Inability to empty the bladder
- Blood in urine
- Urinary incontinence
- Urinary retention



Prostate Tests

Digital Rectal Exam

Prostate –specific antigen (PSA) test

Prostate biopsy

There is no specific normal or abnormal level of PSA in the blood. In the past, PSA levels of 4.0 ng/mL and lower were considered normal. However, some individuals with PSA levels below 4.0 ng/mL have prostate cancer and many with higher PSA levels between 4 and 10 ng/mL do not have prostate cancer ([1](#)).

When should I begin to talk to my healthcare provider about prostate health

- At age 50 if you have an average risk for prostate cancer
- At 45 if you have a higher than average risk of prostate cancer, including being African-American or having a father or brother who has been diagnosed with prostate cancer at 65 or younger
- At age 40 if you have more than one first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age



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