Prostate cancer is the most frequently diagnosed cancer in men and the second leading cause of cancer deaths for men. The American Cancer Society estimates there will be 164,690 new cases of prostate cancer in the United States during 2018, resulting in 29,430 deaths. In California, an estimated 15,190 men will be diagnosed with prostate cancer, and 3,490 will die from the disease.

Early prostate cancer usually has no symptoms, and studies suggest strong familial predisposition may be responsible for 5 to 10 percent of the disease cases. Recent studies also suggest a diet high in processed meat or dairy foods may be a risk factor, and obesity appears to increase the risk of aggressive prostate cancer.

The five-year relative survival rate approaches 100 percent when prostate cancer is diagnosed early and men receive treatment early, but the percentage drops to 30 percent when the cancer spreads to other parts of the body or is diagnosed at a later stage. Treatment options for prostate cancer vary depending upon a man’s age, stage and grade of his cancer, as well as his other existing medical conditions. Prostate cancer treatment decisions should be based upon clinician recommendations and patient values and preferences.

The State of California joins communities across the nation to increase the awareness of the importance for men to make an informed decision with their health care provider about early detection and testing for prostate cancer.

Sincerely,

G. BROWN JR.