

Road to Better Health

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Health & Wellness
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August 15, 2015

Ask the Nurse Practitioner



Prostate Cancer

Q: What is the prostate?

A: The prostate is a small gland that is part of the reproductive system. The prostate helps make semen, which carries sperm from the testicles when a man ejaculates.

Q: What are some of the symptoms of prostate cancer?

A: Some symptoms of prostate cancer include trouble, pain or burning when passing urine, blood in the urine and nagging pain in the back, hips, or pelvis.

Q: Who is most at risk for prostate cancer?

A: At risk men include those age 50 or older, African American men and men whose fathers or brothers have had prostate cancer. Risk may also increase with high fat diets.

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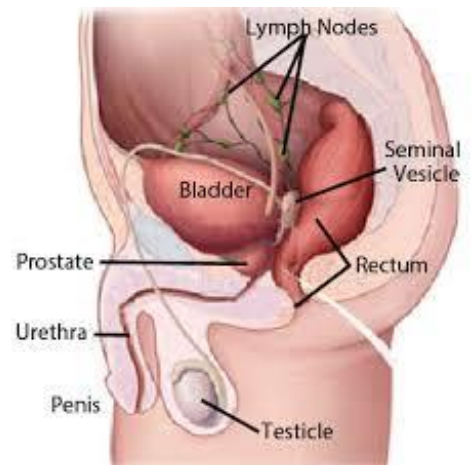
Prostate Cancer: Get Screened and Know Your Risk Factors

By Patricia Smith, FNP – Knoxville, TN

Cancer screenings are important in the detection of cancer; the earlier the better in terms of treatment. Smoking cessation, avoiding high fat diets, 30 minutes of daily aerobic exercise, use of sun-screen and avoiding known toxins, such as pesticides are also beneficial in keeping yourself healthy. Prostate cancer is a screening that men should obtain regularly, more so if they are high risk.

Prostate Cancer

The prostate is a small gland in men about the size of a walnut. It sits below the bladder and in front of the rectum. Prostate cancer tends to grow slowly compared to most other cancers. Cell changes may begin 10, 20, or even 30 years before a tumor gets big enough to cause symptoms. By age 50, very few men have symptoms of prostate cancer, yet some precancerous or cancer cells may be present. More than half of all American men have some cancer in their prostate glands by the age of 80.



Symptoms:

- Trouble passing urine
- Frequent urge to pass urine, especially at night
- Weak or interrupted urine stream
- Pain or burning when passing urine
- Blood in the urine or semen
- Painful ejaculation
- Nagging pain in the back, hips, or pelvis

Prostate Cancer article continued on next page

Prostate Cancer: Get Screened and Know Your Risk Factors (continued)

Risk Factors:

- **Age:** Men who are 50 or older have a higher risk of prostate cancer.
- **Race:** African American men have the highest risk of prostate cancer. Asian American men have the lowest rates of prostate cancer.
- **Family History:** Men whose fathers or brothers have had prostate cancer have a 2 to 3 times higher risk of prostate cancer than men who do not have a family history of the disease. A man who has 3 immediate family members with prostate cancer has about 10 times higher risk. The younger a man's relatives are when they have prostate cancer, the greater his risk for developing the disease. Prostate cancer can also be slightly higher for men from families with a history of breast cancer.
- **Diet:** Risk may increase with high fat diets.



Professional Screenings

- **DRE:** Digital rectal exam is the standard way to check the prostate.
- **PSA:** A blood test used to detect prostate cancer. Although it is an approved method of testing, it is not the most reliable. PSA can be elevated by several other things such as enlarged prostate, infected prostate, recent orgasm or even recent bicycle or motorcycle riding. So the use of PSA along with a DRE has been approved to help detect prostate cancer in men 50 and over.

About UrgentCareTravel

UrgentCareTravel is an organization dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel's **GOLD Healthcare Membership program** provides members with DOT Physicals and unlimited no deductible / no co-pay visits (in-clinic services) at UrgentCareTravel locations for a low monthly fee. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is an affordable option to address the healthcare needs of drivers, local businesses and communities. To enroll or request additional information about the **Gold Healthcare Membership Program**, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

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