

YOUR GUIDE TO PROSTATE CANCER



Learn how to spot the tell-tale signs of prostate cancer and what you can do to lower your risk of catching the disease.

COMMON PROSTATE CANCER SYMPTOMS

Prostate cancer affects approximately one in every eight men¹ at some point during their lifetime. In fact, it's the most common type of cancer in men.²

Although prostate cancer can affect men of all ages and ethnicities, black men and men over 65 need to be particularly vigilant³ as it affects them most frequently.

Of course, some of these symptoms may not necessarily be a sign of prostate cancer. However, you should always visit the doctor if you notice anything out of the ordinary.

If you experience bone and back pain, a loss of appetite, testicular pain or unexplained weight loss, this may be a sign that the cancer has spread and you should seek urgent medical care.

Here are some of the symptoms⁴ of prostate cancer:

- › Needing to urinate more frequently, particularly during the night.
- › Needing to rush to the toilet.
- › Difficulty in urinating.
- › Weak urination flow.
- › Feeling that your bladder isn't completely empty.
- › Blood in your urine or semen.

HOW TO HELP PREVENT PROSTATE CANCER

Although there's no absolute way to prevent prostate cancer, there are small changes you can make to your lifestyle which will help keep you healthy.



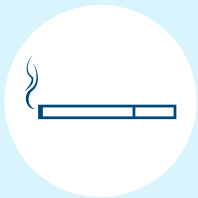
A BALANCED DIET

Evidence suggests that diet plays a key role in helping to prevent cancer. Fruit and vegetables – particularly red ones – contain cancer-busting antioxidants and compounds that help your body break down carcinogens. It's also a good idea to avoid fatty foods where possible.⁵



REGULAR EXERCISE

Men who are overweight or obese are at a higher risk of developing prostate cancer. Alongside a balanced diet, regular exercise will help you maintain a healthy weight.⁵



QUIT SMOKING

Prostate cancer patients who smoke are more likely to have a recurrence of the disease and are less likely to recover. Smokers who quit for more than 10 years had the same mortality risk as those who never smoked.⁶

CIGNA IS HERE FOR YOU

Cigna Whole Health is a stepping stone towards better all-round health for everyone.

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Start discovering the benefits of the Cigna Wellbeing™ app by downloading the app for free from the [App Store](#)⁷ or [Google Play](#)⁸.



Have any questions?

Don't hesitate to reach out to us. We're here for you 24 hours a day, 7 days a week, 365 days a year.

1. American Cancer Society. Key statistics for prostate cancer. <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.htm>. Accessed 25 August 2021.
 2. Cancer Research UK. Prostate cancer statistics. <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/prostate-cancer>. Accessed 25 August 2021.
 3. Prostate Cancer UK. Black men and prostate cancer. <https://prostatecanceruk.org/prostate-information/are-you-at-risk/black-men-and-prostate-cancer>. Accessed 25 August 2021.
 4. NHS. Prostate cancer - symptoms. <https://www.nhs.uk/conditions/prostate-cancer/symptoms>. Accessed 25 August 2021.
 5. Mayo Clinic. Prostate cancer prevention: Ways to reduce your risk. <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention/art-2004564>. Accessed 25 August 2021.
 6. Harvard School of Public Health. Smoking may increase risk of prostate cancer recurrence, death. <https://www.hsph.harvard.edu/news/press-releases/smoking-prostate-cancer-ken-field/>. Accessed 25 August 2021.
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