

# FORGING THE FUTURE:



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## Friday FACTS

20 August 2004

"Leadership, Partnership, and Championship"

### Prostate Cancer Control Initiatives



## Prostate Cancer Screening

### SEPTEMBER 19-25, PROSTATE CANCER AWARENESS WEEK Is Prostate Cancer Screening Right for You?

Prostate cancer is the second leading cause of cancer death in men. Next to skin cancer, it is the most common cancer in men.

Prostate cancer can often be detected early with a digital rectal examination (DRE) and a simple blood test (PSA). But is screening right for you? Medical experts disagree on screening for prostate. Some recommend regular screening. Others do not.

The American Cancer Society believes that health care professionals should offer the PSA test and DRE yearly, beginning at age 50, to men who have at least a 10-year life expectancy. Men at higher risk for prostate cancer, such as African Americans and men who have a father, brother, or son diagnosed with prostate cancer at an early age, should begin testing at age 45.

The U.S. Preventive Services Task Force, National Cancer Institute, U.S. Centers for Disease Control and Prevention, American Academy of Family Physicians, American Society of Internal Medicine, and the American College of Preventive Medicine are among those that do not recommend routine testing for prostate cancer.

Discuss your risk factors for prostate cancer and the pros and cons of screening with your doctor. The decision to be screened is up to you and your doctor.

For more information, see website <http://www.cdc.gov/cancer/prostate/decisionguide/index.htm>.

Sources: U.S. Centers for Disease Control and Prevention and the American Cancer Society.

### WEIGHT MANAGEMENT TIP

#### Watch Your Serving Size

Despite all the quick-fix promises of fad diets, if you want to lose weight, you have to eat less and move more.

Many portions—in both restaurant and home-cooked meals—are too large. Supersizing portions is supersizing Americans' waistlines. Beware of portion distortion!

Use these visuals to help you judge what a usual portion size looks like:

A 1/2 cup of vegetables or fruit is about the size of your fist.

A medium apple is the size of a baseball.

A three-ounce portion of meat, fish or poultry is about the size of a deck of cards.

A single-serving bagel is the size of a hockey puck.

1-1/2 ounces of low-fat or fat-free cheese is the size of a pair of dice.

1 oz. of ready-to-eat cereal can vary from 1/4 cup to 1-1/4 cups (check label)

A 1/3 cup of nuts equals a level handful for the average adult

When eating out, eat half your entrée and save the rest for lunch the next day. If you have dessert, split it with a friend. Think about having an appetizer and soup or salad as your meal.

At home, serve appropriate portion sizes, and store the rest for leftovers. Avoid eating directly out of a bag or carton.

For a more information on portion sizing, eating tips, and healthy recipes, see the free brochure series

"The New American Plate" online at the American



Eat Healthier with  
The New  
American Plate

Institute for Cancer Research website, [www.aicr.org](http://www.aicr.org).

Sources: Everyday Choices for a Healthier Life, [www.everydaychoices.org](http://www.everydaychoices.org) and American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org).

Start by doing what is necessary, then do what is possible,  
and suddenly you are doing the impossible

-St Francis of Assisi