



NEW YORK STATE SENATOR

Eric Adams

September is National Prostate Cancer Awareness Month

ERIC ADAMS August 31, 2012

**Senator Adams
Recognizes September
as
National Prostate Cancer
Awareness Month**

**Click here for the
Senator's message and for
resources to learn more.**



Dear Constituents:

It is September, and the summer will soon give way to a new school year and cooler temperatures. Although many adults tend vigilantly to the health and well-being of their children, they often forget to take complete care of themselves. We must never neglect our adult bodies; addressing and correcting problems in their initial stages may prevent

irreparable damage. A significant indication of this approach is the designation of September as National Prostate Cancer Awareness Month.

Prostate cancer is not uncommon in men, but it is a usually slow-growing cancer when compared to other types. Its development and progression are promoted by, and generally depend on, male hormones. Sometimes cells keep growing beyond their natural lifespan, and this can cause a group of cells to swell into a tumor. This tumor may ultimately become Prostate Cancer.

As serious and concerning as a Prostate Cancer prognosis may be, it is important to note that regular prostate exams can identify prostate issues, and early detection may spare you a subsequent prostate cancer diagnosis. Men should be sure to get regular prostate exams, maintain a normal weight, and eat healthily. And to the women in my community: please remain vigilant about monitoring the health of the men in your lives. Encourage them to maintain healthy lifestyles and see their doctors for regular checkups.

For more information, about Prostate Cancer, please visit:

<http://www.zerocancer.org/index.html>