

## WHAT CAN YOU DO TO BE HEALTHIER?

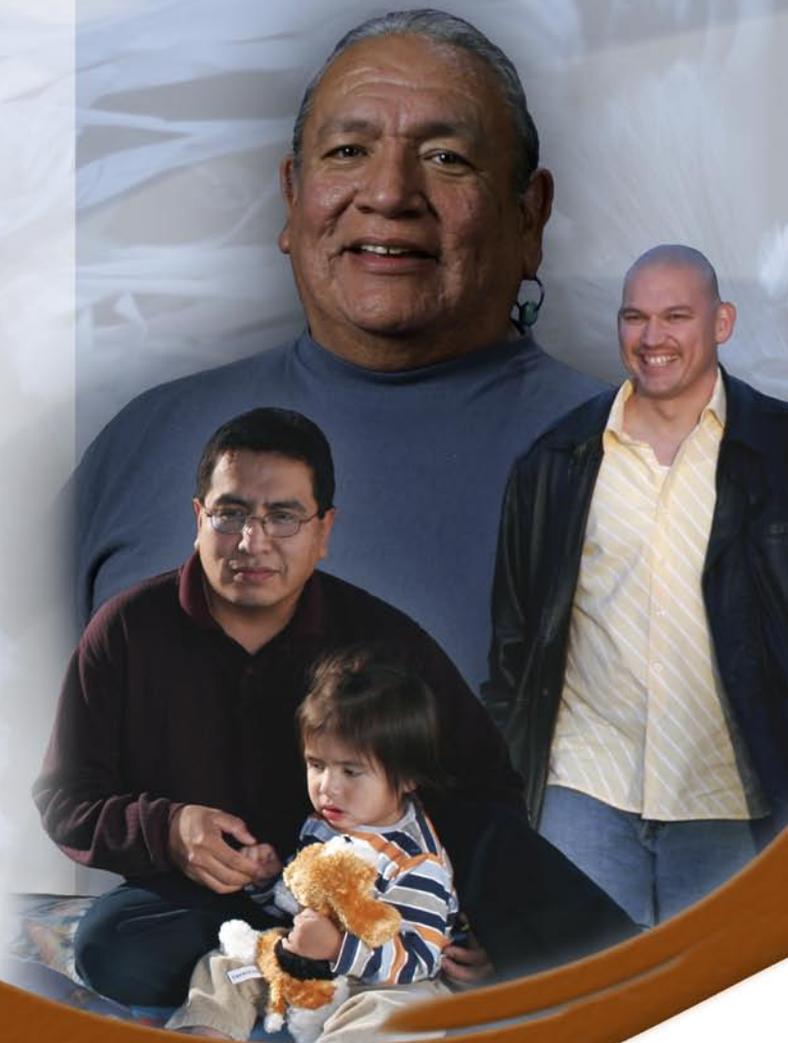
- Have yearly exams
- Eat a low fat, high fiber diet
- Be active, exercise several times a week
- Limit the use of alcohol
- Stop smoking or don't start
- Maintain a healthy weight
- Report any warning signs to your provider
- Make sure your immunizations are up to date

For more information about prostate and colorectal cancer contact

**CUSTER HEALTH**  
at 1-888-667-3370

or  
**INDIAN HEALTH SERVICES  
IN FORT YATES**  
at 1-701-854-3831

or  
**INDIAN HEALTH SERVICES  
IN MCLAUGHLIN**  
at 1-605-823-4458



## STANDING ROCK

MEN'S HEALTH & WELLNESS



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## PROSTATE CANCER

### WHO IS AT RISK?

You are if you are a man over the age of 50 or have a family history of prostate cancer.

### WHAT ARE THE SYMPTOMS?

- Slow or weak urine flow
- Difficult to start or stop urinary flow
- Need to urinate frequently
- Blood in the urine
- Discomfort during urination
- Constant pain in the lower back, pelvis or upper thighs

I am a prostate cancer survivor and I want to thank the Men's Health Clinic for being started on Standing Rock. I also give many thanks to the health programs and the staff who take great pride in their work and the people they work with.

I encourage all men 40 years or older to take the time to get their check-ups, the life you save may be your own. I am living proof it works.

Del LeCompte,  
Enrolled member of the  
Standing Rock Sioux Nation

## SCREENING EXAMS

Exams for prostate and colorectal cancer are done yearly at Men's Health Days or at your physical exam.

### WHAT TESTS ARE PERFORMED?

- Yearly PSA (Prostate-specific antigen) blood test
- DRE (Digital rectal exam)
- Stool for occult blood

Your doctor may recommend other exams.

### OTHER TESTS TO DISCUSS WITH YOUR DOCTOR

- Cholesterol check
- Blood pressure
- Diabetes screening
- STD (sexually transmitted disease) screening

## COLORECTAL CANCER

### WHO IS AT RISK?

You are if you are a man or a woman over the age of 50 and if you have a family history of colon cancer, colorectal polyps, ulcerative colitis or Crohn's disease.

### WHAT ARE THE SYMPTOMS?

- Rectal bleeding
- Change in bowel habits, such as diarrhea then constipation
- Abdominal pain

"An ounce of prevention is worth a pound of cure."

We as Native Americans and specifically men should not be afraid to have an annual check-up; your life may depend on it.

Elliot Rhoads,  
Enrolled member of the  
Standing Rock Sioux Nation