



HELLO FALL

Forget Summer. Fall is where it's at.

Prostate Cancer Awareness Month

Prostate cancer is a serious disease that affects nearly 13 out of every 100 American men. September is Prostate Cancer Awareness Month.

Ignoring prostate health can lead to even greater health complications. That's because age is the most common risk factor when it comes to prostate cancer. In other words, the older you are, the higher your chances of developing the disease. Beyond age, other risk factors include race and family history.

So, if you're a man over the age of 55, consider speaking with your doctor about your risk of developing prostate cancer. Be on the lookout for symptoms such as urination trouble, bloody urine, frequent urination or pain in the pelvis region that doesn't go away. Even younger men can consider looking into prostate exams, especially if they have a family history of cancer. The sooner prostate cancer is caught, the more treatable it is.



What Is Prostate Cancer?

What Is Screening for Prostate Cancer?

There is no standard test to screen for prostate cancer.

Prostate Specific Antigen (PSA)

Test

A blood test called a prostate specific antigen (PSA) test measures the level of PSA in the



How Is Prostate Cancer Treated?

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the prostate, it is called prostate cancer. Not including skin cancer, prostate cancer is the most common cancer in American men.

blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate. As a rule, the higher the PSA level in the blood, the more likely a prostate problem is present. But many factors, such as age and race, can affect PSA levels. Some prostate glands make more PSA than others.

Different types of treatment are available for prostate cancer. You and your doctor will decide which treatment is right for you. Some common treatments are:

- Expectant Management.
 - Active surveillance
 - Watchful waiting
- Surgery
- Radiation therapy
- External radiation therapy
- Internal radiation therapy (brachytherapy)

Learn More About Prostate Cancer



Combating the “September Scaries”

As summer fades, individuals may experience a case of the “September Scaries,” emotional and psychological stress that occurs with the transition from summer to fall. This phenomenon can happen as kids return to school, work intensifies, the days get shorter and the holiday season looms.

This seasonal transition disrupts routines and can trigger a sense of loss of freedom, sunshine and overall spontaneity. The return to rigid schedules and looming responsibilities may heighten stress, especially for those juggling work, family and other personal responsibilities. Consider these tips for managing stress during the seasonal transition:

- **Write down your worries.** First, it's important to understand what's making you feel worried. Then, you can evaluate if it's rational or not.
- **Establish routines.** A routine can help you feel more in control and get you back on track for a solid season. Try to have some fun on the weekends, like making plans with friends, so you have something to look forward to.
- **Practice self-care.** This transition is also a good time to reinforce healthy routines like sleep hygiene, nutrition and movement. This practice can help you feel more physically and mentally prepared to take on challenges.
- **Embrace seasonal changes.** Enjoy fall activities, such as picking pumpkins and apples, hiking outdoors, baking with seasonal goods and watching the leaves change.

If you have any concerns about your well-being, reach out to a mental health professional.

September Jokes

Why did the apple pie go to the dentist?

Because it needed a filling.

Why shouldn't you tell a secret in a cornfield?

Because the corn has ears.

How do you fix a broken pumpkin?

With a pumpkin patch!

Brown and Brown | 11711 N. Meridian St. Suite 100 | Carmel, IN 46032 US

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