

## **Healthy Kansas Minute Radio Interview – Prostate Cancer Awareness Month**

**Joe:** This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Patrice O'Hara, Cancer Program Manager with the Kansas Department of Health and Environment.

June is Prostate Cancer Awareness Month, one of the most common forms of cancer diagnosed in men in the United States.

**Patrice:** National estimates are that more than 186,000 new cases of prostate cancer will be diagnosed in 2008 and more than 28,600 men will die from the disease. In Kansas, it is estimated that 1,350 new cases will be diagnosed and the disease will cause 220 deaths in 2008.

**Joe:** Who is most at risk for developing prostate cancer?

**Patrice:** Two out of three prostate cancers are found in men over the age of 65, and those with a family history are more likely to develop the disease. Studies suggest that a diet high in saturated fat also may be a risk factor. Men who exercise vigorously on a regular basis have a lower rate of prostate cancer.

**Joe:** Thank you, Patrice. To learn more about prostate cancer, please visit [www.cancerkansas.org](http://www.cancerkansas.org). This has been the Healthy Kansas Minute!