# Skeehchooash Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

September 2019

### <u>September is Prostate</u> <u>Cancer Awareness Month.</u> Prostate cancer is a common, but

very treatable cancer in men.

PRN

PEQUOT PHARMACEUTICAL NETWORK

PEQUOT PLUS Health Benefit Services

PRxN<sup>®</sup> Customer Service 1-800-342-5779

PRxN<sup>®</sup> PBM Customer Service 1-888-779-6638

Doctors' Line 1-888-779-6362

Doctors' FAX Line 1-800-779-6329

Website www.prxn.com

E-Mail pharmacy@mptn.org







Mashantucket Pequot Tribal Nation Men over the age of 55 are recommended to be regularly screened for early detection of Prostate Cancer. Screening involves a blood test to measure the amount of PSA (prostate specific antigen). High PSA levels may be a sign of prostate cancer or another prostate related health issue.

### **Prostate Cancer risk factors:**

- Genetics
- Family history

## Common Treatments for Prostate Cancer:

Surgery

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- Radiation Therapy
- Cryotherapy
- Hormone Therapy
  - Chemotherapy

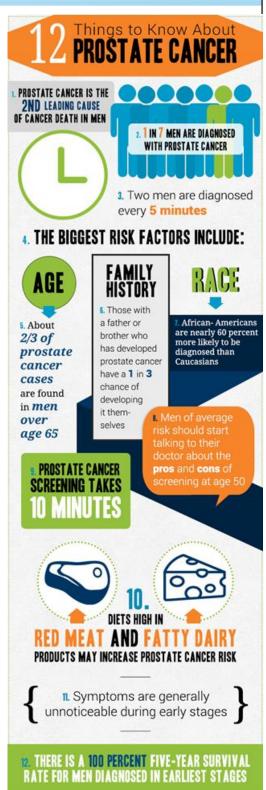
### Tips for a Healthy Prostate:

- Exercise
- Eat lots of fruit and vegetables
- Don't skip the caffeine
- Eat more foods with Omega-3-fatty acids

#### Geoffrey Cox, PharmD Candidate



cdc.gov/cancer/dcpc/resources/features/prostatecancer cancer.org/cancer/prostate-cancer/causes-risksprevention/risk-factors.html mayoclinic.org/diseases-conditions/prostate-cancer/indepth/prostate-cancer-prevention Dailyherald.com Unitypoint.org



At Pequot Health Care, we are dedicated to maintaining your good health!