

## **What is the function of the prostate gland**

- A. Produces urine
- B. Regulates blood pressure
- C. Produces fluid that nourishes and protects sperm
- D. Helps with digestion

## **What is the most common cancer in men**

- A. Lung cancer
- B. Skin cancer
- C. Colon cancer
- D. Prostate cancer

## **What are the risk factors for developing prostate cancer**

- A. Stress, alcohol consumption, genetics
- B. Exercise, diet, smoking
- C. Age, family history, race
- D. High cholesterol, diabetes, obesity

## **What are the symptoms of an enlarged prostate**

- A. Joint pain
- B. Hair loss
- C. Frequent urination
- D. Skin rash

## **What is the normal size of a healthy prostate gland**

- A. The size of a basketball

- B. Approximately the size of a walnut
- C. 10 inches
- D. 1 foot

### **What screening tests are used to detect prostate cancer**

- A. Pap smear
- B. Colonoscopy
- C. PSA blood test
- D. Mammogram

### **What is the PSA test and how is it used in prostate cancer screening**

- A. The PSA test measures levels of prostate-specific antigen in the blood, and is used as a screening tool for prostate cancer.
- B. The PSA test is a genetic test for breast cancer.
- C. The PSA test is used to diagnose lung cancer.
- D. The PSA test measures blood pressure levels.

### **What are the treatment options for prostate cancer**

- A. Chemotherapy
- B. Immunotherapy
- C. Cryotherapy
- D. Surgery, radiation therapy, hormone therapy

### **What is the prognosis for prostate cancer**

- A. Depends on the stage and treatment
- B. Always fatal
- C. 100% survival rate

- D. No treatment available

### **What lifestyle changes can help reduce the risk of developing prostate cancer**

- A. Maintaining a healthy weight and diet
- B. Avoiding exercise
- C. Smoking more cigarettes
- D. Ignoring regular check-ups

### **What is the role of hormones in prostate health**

- A. Prevent prostate cancer
- B. Regulate growth and function of the prostate
- C. Cause prostate inflammation
- D. Have no impact on prostate health

### **What is the difference between benign prostatic hyperplasia (BPH) and prostate cancer**

- A. Both BPH and prostate cancer have the same symptoms.
- B. Prostate cancer is always more aggressive than BPH.
- C. BPH is non-cancerous, while prostate cancer is cancerous.
- D. BPH is more common in younger men.

### **What are the potential complications of prostate surgery**

- A. Hair loss
- B. Vision problems
- C. Incontinence
- D. Weight loss

### **What is the Gleason score and how is it used in diagnosing prostate cancer**

- A. The Gleason score measures the size of the prostate gland.
- B. The Gleason score determines the stage of prostate cancer.
- C. The Gleason score is a grading system used to evaluate the aggressiveness of prostate cancer.
- D. The Gleason score is used to predict the patient's age at diagnosis.

### **What is the significance of family history in prostate cancer risk**

- A. Family history only plays a minor role in prostate cancer risk.
- B. Family history is a significant risk factor for prostate cancer.
- C. Prostate cancer risk is only influenced by lifestyle factors.
- D. Family history has no impact on prostate cancer risk.

### **What are some common myths and misconceptions about prostate health**

- A. Prostate issues are not preventable
- B. Prostate cancer is always deadly
- C. Prostate health has no relation to diet or lifestyle
- D. Prostate problems only affect older men

### **What is the recommended age for men to start screening for prostate cancer**

- A. 50
- B. 30
- C. 60
- D. 40

### **How does diet and exercise impact prostate health**

- A. Diet has no impact on prostate health
- B. Prostate health is only affected by genetics
- C. Exercise can worsen prostate health

- D. Regular exercise and a healthy diet can improve prostate health

### **What are some alternative treatments for prostate issues**

- A. Crystal healing
- B. Acupuncture
- C. Herbal supplements
- D. Chiropractic adjustments

### **What are the potential side effects of prostate cancer treatments**

- A. Weight gain
- B. Incontinence
- C. Nausea
- D. Hair loss

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