



# Know about prostate cancer



Here is some key information about prevention of prostate cancer:

- **Age is the strongest risk factor:** Every 6 out of 10 cases of prostate cancer are found in men over the age of 65.
- **Family history can be important:** Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.
- **Race is a factor:** Prostate cancer occurs more often in African-American men than in men of other races.
- **The role of diet is unclear:** Research is ongoing.
- **Diagnose cancer early:** Speak with your doctor about your risk for prostate cancer and the benefits of screening. For men at high risk, screening should be considered at age 40.



Prostate Cancer

is the

**2<sup>nd</sup>**

leading cause of cancer death in American men.

**288,000**

new cases are diagnosed annually.



**1** in **8**

men will be diagnosed with prostate cancer.



Overall, the **5-year survival RATE IS NEARLY 100%**

for men with the disease confined to the prostate or nearby tissue.

## SCREENING WORKS

Screenings consists of a PSA blood test, which measures the level of PSA, a protein that is produced by the prostate gland, and a digital rectal exam, which can uncover physical abnormalities of the prostate that may be a sign of cancer.

## NOTE:

Prostate cancer screening guidelines vary with different health groups. Ask your doctor at what age you should discuss prostate cancer screening. Ask about the benefits and risks of PSA blood tests.