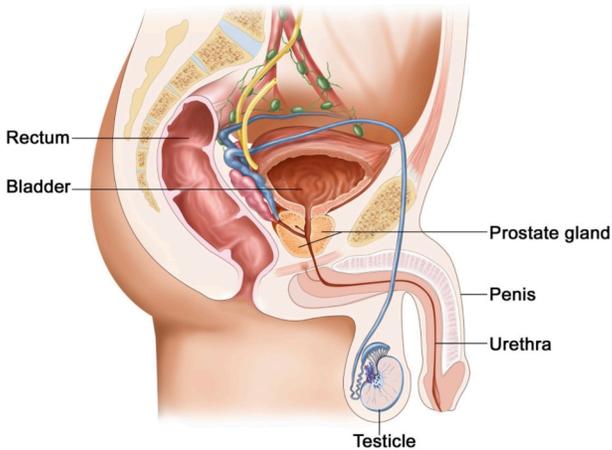


WHAT YOU NEED TO KNOW ABOUT PROSTATE CANCER

OVERVIEW OF PROSTATE



niddk.nih.gov/health-information/diagnostic-tests/prostate

QUICK FACTS & FIGURES

- **1 in 8** men will develop prostate cancer during lifetime
- **60%** of prostate cancer is in those **65+**
- **2nd** leading cause of death by cancer for men (behind lung cancer)



More than
3.3 MILLION
Prostate cancer survivors
alive today in the US

RISK FACTORS

RISK VARIES BASED ON AGE, RACE/ETHNICITY, AND OTHER FACTORS:



Race

Black men have the highest risk



Age

Risk increases after age 50



Family History

Inherited or genetic factors

Inherited variants of the gene linked to breast, ovarian and other cancers in some families (can also increase prostate cancer risk in men)

SYMPTOMS CAN INCLUDE

*Early Prostate cancer usually has no symptoms.

Some early symptoms may include:

- ✓ Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- ✓ Blood in urine or semen

More advanced prostate cancer:

- ✓ Problems urinating
- ✓ Blood in urine or semen
- ✓ Trouble getting an erection (erectile dysfunction)
- ✓ Pain in the hips, back (spine), chest (ribs), or other areas, from cancer that has spread to the bones
- ✓ Weakness or numbness in the legs or feet, or even loss of bladder or bowel control
- ✓ Weight loss
- ✓ Feeling very tired

Talk to your primary care provider if you have any of these symptoms.

PROSTATE SCREENINGS

Types of screenings available:

1. PSA Test: Prostate-specific antigen blood test

- 0.0 – 4.0 ng/mL is considered normal
- Rescreening: Less than 2.5 ng/mL need to be retested every 2 years, more than 2.5 ng/mL need to be retested annually

2. DRE: Digital rectal exam

When to start screening:

AGE 50 - average risk

AGE 45 - higher risk (black men and those with family history)

AGE 40 - multiple family members affected by prostate cancer at a young age

**SCAN QR CODE FOR
PROSTATE SCREENINGS**



SCAN ME

To schedule an appointment, call 513-585-UCCC