

PROSTATE CANCER:

What you need to know

Prostate cancer is the most commonly diagnosed cancer in men.

Getting screened can lead to an earlier diagnosis and more options for treatment. Talk to your doctor about prostate cancer screening.



NEVADA CANCER
COALITION

www.NevadaCancerCoalition.org

SIGNS & SYMPTOMS

Prostate cancer has symptoms similar to other prostate concerns, which may include:

- » Difficulty urinating, including a weak stream or dribbling
- » Frequent nighttime urination
- » Pain / burning when urinating or ejaculating
- » Pain in the spine, hips, genital, or pelvic area
- » Blood in the urine or semen



KNOW YOUR RISK

AGE

60% of prostate cancers are diagnosed in those over age 65.

RACE

African Americans have a 75% increased risk vs. those who are white.

FAMILY HISTORY

Nearly 60% of prostate cancers are due to genetic factors. Those who have a close relative diagnosed with prostate cancer may be twice as likely to also be diagnosed.

DIET & EXERCISE

Other risk factors include being overweight or obese, sedentary, or eating a diet low in vegetables and high in processed meat and saturated fats.



SCREENING FOR PROSTATE CANCER

Most prostate cancer is found with screening tests, such as a blood test that checks your levels of Prostate Specific Antigen (PSA) or a Digital Rectal Exam (DRE) to feel the prostate for signs of cancer, such as lumps or hardness.

PSA levels in the blood can be a general predictor of prostate cancer. Your doctor may monitor your PSA levels over time, as PSA levels vary from person to person.

Discuss the pros and cons of screening with a doctor to make an informed decision if and when screening is right for you. Those who are Black or have a family history of prostate cancer should talk to their doctor starting at age 40-45. For others at average risk, start the conversation at age 50. Together, you can develop a plan that's right for you.