

For Men Only

Prostate Cancer

Do something good for your health

Prostate cancer is the second most common form of cancer among men behind skin cancer. All men are at risk for prostate cancer, and the risk increases with age. The American Cancer Society recommends talking to your doctor to learn more about the pros and cons of screening for prostate cancer to help you decide if, and when, it is right for you.



What are the symptoms?

Early prostate cancer often has no warning signs. In its advanced stage, prostate cancer includes these symptoms:

- Trouble having or keeping an erection.
- Blood in the urine.
- Slow or weakened urinary stream or the need to urinate more often.
- Pain in the pelvis, spine, hips or ribs.

Other diseases can also cause these symptoms. So, it's important to speak to your doctor about them to determine the exact cause of your symptoms.

What are the risk factors?

There is really no way to know for sure if you're going to get prostate cancer. Certain factors can make you more likely to get it than another person. These are called risk factors and the most common are listed below:

- Age. Prostate cancer is very rare before age 40, but the chance of having prostate cancer rises rapidly after age 50.
- Family history.
- Race/ethnicity. Prostate cancer is much more common among African-American men than Caucasian men.
- Diet. A diet high in fat may increase the risk of prostate cancer.
- Obesity. Men who are overweight or are not physically active are believed to be at greater risk.

Can prostate cancer be prevented?

Because the exact cause of prostate cancer is unknown, it's not possible to prevent all cases of the disease. Also, several risk factors such as your age, race and family history can't be changed. However, your diet is one thing you can change. The American Cancer Society recommends:

- Choosing foods and beverages that help achieve and maintain a healthy weight.
- Eating a variety of healthful foods with an emphasis on plant sources.
- Limiting your intake of red meats, especially high-fat or processed meats.
- Eating 5 or more servings of fruits and vegetables each day.

These nutritional guidelines may also help lower your risk for other health problems.



What is prostate cancer screening?

If you and your doctor agree that screening is right for you, there are 2 ways to evaluate prostate problems:

- The PSA test. This measures the amount of prostate-specific antigen (PSA) in your blood. Most healthy men have levels under 4 nanograms per milliliter (ng/mL) of blood. Elevated PSA levels may indicate prostate cancer.
- The digital rectal exam (DRE). This is a quick test done in the doctor's office that checks the prostate for any bumps or hard areas that might be cancer. Your doctor may check for other abnormalities at the same time.

Who should be tested?

The American Cancer Society recommends the following screening guidelines:

- Starting at age 50, men who are at average risk of prostate cancer, and who are expected to live at least 10 more years, should speak to their doctor about the screening.
- Men at high risk for developing prostate cancer should speak with their doctors about the screening at age 45. High risk groups include African-American men and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than 65).

- Men at even higher risk (those with several first-degree relatives who had prostate cancer at an early age) should speak to their doctors at age 40.

■ Through screening, prostate cancer can often be found early when the cancer will likely be at an early, more treatable stage.

■ RESOURCES:

Visit our online Cancer Center at www.carefirst.com/cancer for more information on tests and procedures.

American Cancer Society
800-ACS-2345

American Urological Association
www.aa.org

