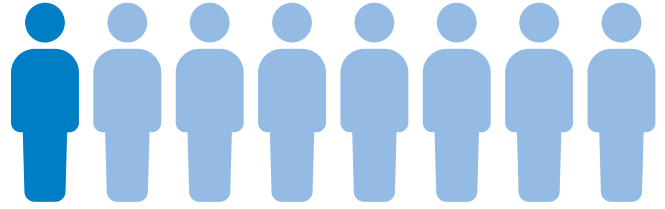


What to know about Prostate Cancer

About **1 in 8 men** will be diagnosed with prostate cancer during their lifetime. But each man's risk of prostate cancer can vary, based on his age, race/ethnicity, and other factors.



The discussion about screening should take place with your healthcare provider at:

- **Age 50 for men who are at average risk** of prostate cancer and are expected to live at least 10 more years.
- **Age 45 for men at high risk of developing prostate cancer.** This includes African American men and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- **Age 40 for men at even higher risk** (those with more than one first-degree relative who had prostate cancer at an early age).



After this discussion, men who want to be screened should get the prostate-specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening.

Lowering Risk:



Maintain a healthy weight & be physically active.



Increase your intake of fruits and vegetables.



Don't smoke & limit alcohol consumption.



Stay sexually active.

Screening is Key!
Early detection can save lives!

