

FACTS ABOUT PROSTATE CANCER

Is prostate cancer screening right for you? Talk to your doctor about your risk and the potential benefits and harms of screening.

You're more likely to get prostate cancer if:

65⁺

You're 65 or older.

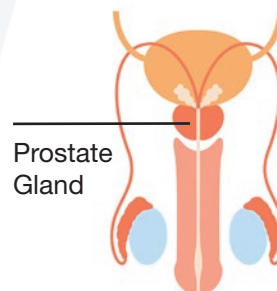


Prostate cancer runs in your family.



You're Black or African American.

Male Reproductive System



Prostate Cancer Symptoms

Most men with prostate cancer have no symptoms. However, some men experience:

- Frequent urination
- Trouble urinating
- Blood in urine or semen
- Pain in the back, hips, or pelvis

These may be caused by conditions other than prostate cancer, so talk to your doctor if you have symptoms.

Prostate cancer is a disease in which cells in the prostate grow out of control. The prostate is a part of the male reproductive system and produces fluid that is a part of semen.



About **13** in every **100** U.S. men will be diagnosed with prostate cancer in their lifetime—and **2 to 3** out of every **100** will die from prostate cancer.

Should You Get Screened?

The U.S. Preventive Services Task Force, a group of medical experts, recommends that men 55 to 69 years old make individual decisions about prostate cancer screening. Talk to your doctor about your risk and how you feel about the benefits and harms of screening.



For more information visit CDC's Prostate Cancer website: www.cdc.gov/prostate-cancer



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Prostate Cancer Screening

The goal of prostate cancer screening is to find cancers that are likely to spread if untreated. Most prostate cancers grow slowly or not at all.

The most common screening method is the prostate specific antigen (PSA) test, which measures PSA levels in your blood. PSA is a substance the prostate makes. Higher PSA levels can show a prostate problem, but it doesn't always mean you have cancer.

If your PSA level is high, your doctor may recommend a biopsy. This means removing a small piece of tissue from your prostate to examine under a microscope for cancer cells.



Some people think a colonoscopy checks for prostate cancer, but it actually checks for colon cancer.

Possible Benefits and Harms of Screening

Benefits:

- Finding prostate cancer that has a high risk of spreading. This may lower the chance of death from prostate cancer in some men.

Harms:

- Having an abnormal PSA test result when there is no prostate cancer. This can lead to unnecessary tests, like a biopsy. A prostate biopsy can cause pain, infection, and blood in the semen or ejaculate.
- Men who would not have had symptoms or died from prostate cancer can have complications from treatment but have no benefit from it.

Prostate Cancer Treatment

If you're diagnosed with prostate cancer that is unlikely to grow quickly, your doctor may suggest monitoring it over time instead of immediate treatment. This approach, called active surveillance or watchful waiting, includes regular checkups to track your symptoms and cancer.

If treatment is needed, options include:

- Surgery to remove the prostate
- Radiation therapy
- Chemotherapy
- Other treatments

Treatments can cause side effects like urinary incontinence (accidental leakage of urine), difficulty having sex, and bowel problems. Talk to your doctor to decide which option is right for you.



Surviving Prostate Cancer

If prostate cancer is found early, almost all men survive for at least 5 years after diagnosis. However, only 1 in 3 men whose prostate cancer is found at a late stage survive for 5 years after diagnosis.

Did You Know?

A digital rectal exam (DRE) is a quick test where a doctor inserts a gloved, lubricated finger into the rectum to feel the prostate for anything abnormal, such as prostate cancer. However, the U.S. Preventive Services Task Force does not recommend DRE as a routine screening test because there isn't enough scientific evidence to prove it is beneficial.