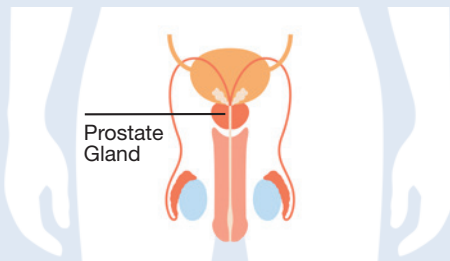


FACTS ABOUT PROSTATE CANCER

Hispanic and Latino men, is prostate cancer screening right for you? Talk to a health care professional about your risk and the potential benefits and harms of screening.

Male Reproductive System



Prostate cancer happens when cells in the prostate—a small gland that makes fluid for semen—start to grow in a way that’s not normal. It is the **most common cancer** in U.S. men after skin cancer, and a leading cause of cancer death among Hispanic and Latino men—often due to delays in diagnosis and care. The risk goes up with age, so early detection is important.

All men are at risk for prostate cancer, which often has no symptoms. If you have trouble urinating; blood in urine or semen; or pain in your back, hip, or pelvis, talk to a health care professional. Keep in mind that these symptoms may be caused by conditions other than prostate cancer.



Prostate Cancer Screening: What to Know

Early detection matters: Screening can help detect prostate cancer early—before it spreads and becomes harder to treat.

Not all prostate cancers are the same:

- Many grow slowly and may never cause harm.
- Some are aggressive and need timely treatment.

How screening works:

- The most common method is the PSA (prostate specific antigen) blood test.
- A digital rectal exam (DRE)—where a doctor feels the prostate for anything unusual such as prostate cancer—may also be used, but it’s not always necessary or recommended.

What a high PSA level means:

- A high PSA doesn’t always mean cancer.
- It may lead to more tests, like a biopsy, to check for cancer cells.

Things to consider:

- Some men may undergo procedures or treatments they don’t need.
- These can cause side effects such as difficulty urinating, pain, or sexual problems.
- In some cases, the risks may outweigh the benefits.

Ready to Talk About Screening? Here’s How to Prepare

If you’re thinking about getting screened for prostate cancer, talking with a health care professional can help you make the best choice for your health. Share your thoughts, worries, and what’s important to you when it comes to your health. Here are some questions you can ask:

- **Am I at risk?** Ask how your age, family history, or background may affect your chances of getting prostate cancer.
- **What are the pros and cons?** Learn about the benefits and possible side effects of screening and treatment.
- **How can I pay for it?** Ask about insurance coverage or programs that can help with costs.



Tip: Write down your questions before your visit. Bring a trusted friend or family member if it helps you feel more comfortable.

Should You Get Screened?

The U.S. Preventive Services Task Force, a group of medical experts, recommends that men 55 to 69 years old talk with their doctor to decide what’s right for them. This is especially important for Hispanic and Latino men, who may delay care due to cultural beliefs, lack of insurance, or language barriers.



FACTS ABOUT PROSTATE CANCER

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 treating it right away. This approach—called active surveillance or watchful waiting— involves regular checkups to track your symptoms and cancer.

If treatment is needed, the most common treatment options are:

- Surgery to remove the prostate
- Chemotherapy
- Radiation therapy
- Other treatments such as hormone therapy

Talk to your doctor about all available options and their possible side effects. This can help you make the best decision for you—and for your family.

Surviving Prostate Cancer

If prostate cancer is found early, almost all men live at least 5 years after diagnosis. But when it's found late, only 1 in 3 men live 5 years after diagnosis.

In many Hispanic and Latino communities, cultural values like strength, privacy, and masculinity can make it hard to talk about health or seek care. This is often due to stigma—the fear of being judged or seen as weak for speaking up and asking for help.

Hispanic and Latino men may also delay care due to cultural beliefs, lack of insurance, or language barriers. But waiting too long can mean missing the chance to treat cancer early, when it's likely to work best.



Your Health Matters— and So Does Your Voice



Talking with a health care professional or loved one is a powerful first step.



Speaking up helps break down stigma and encourages others to take action too.



Asking for help is not a weakness; it's a sign of strength. You don't have to go through this alone.



Ask questions and lean on the people who care about you.

Need Help Finding a Doctor or Paying for Screening or Treatment?

Insurance may cover screening—check with your health care provider or health insurance company.

No doctor? No insurance? Find a health center near you and ask about your options. These clinics may also offer other services, like bilingual support. Visit <https://findahealthcenter.hrsa.gov>.

“Being Hispanic, I know how this impacts our community. When I talk to other Latino men, I often hear things like ‘Oh no, I’m not doing that. I’ll just take a physical and figure it out.’ It’s not something we like to talk about because of how invasive it feels. We hear the information when we see our doctors, but there needs to be more. As Hispanic/Latino men, we have to be really inundated—just kind of like in our face—because it’s not something we like to talk about.”

—Community Member



Learn more:
www.cdc.gov/prostate-cancer

