

PROSTATE CANCER INFORMATION FOR CAREGIVERS AND LOVED ONES

If you have an older man in your life, he may be thinking about getting screened for prostate cancer—or he may have been diagnosed with it. Are you wondering how to support him during this time? This fact sheet provides information for caregivers and loved ones of men who are thinking about getting screened and men who have prostate cancer.

Men are more likely to get prostate cancer if:

65+

They're 65 or older.

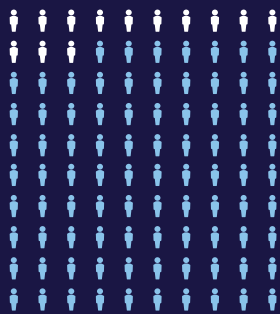
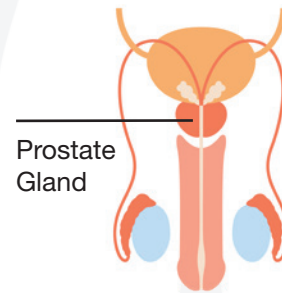


Prostate cancer runs in their family.



They're Black or African American.

Male Reproductive System



Out of 100 American men:

13

will get prostate cancer

2 or 3

will die from it

Prostate cancer is the most common cancer among men in the U.S. after skin cancer. 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 he has trouble urinating; blood in his urine or semen; or pain in his back, hips, or pelvis, encourage him to see a doctor. Keep in mind that these symptoms may be caused by conditions other than prostate cancer.

Prostate Cancer Screening

Cancer screening means looking for cancer before it causes symptoms. The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated and to find them early before they spread. Before getting screened, men should learn about the possible benefits and harms of screening and talk to their doctor about their risk.

There is no standard test to screen for prostate cancer.

The most common screening method is the prostate specific antigen (PSA) test, which measures PSA levels in the blood. High levels can signal a prostate issue, but it doesn't always mean cancer. If PSA levels are high, a doctor may recommend a biopsy to check for cancer cells.

Diagnosis

A **biopsy** is the main tool for diagnosing prostate cancer. If prostate cancer is diagnosed, other tests are done to find out if cancer cells have spread within the prostate or to other parts of the body.

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.

Should All Men Get Screened for Prostate Cancer?

The U.S. Preventive Services Task Force recommends that men 55 to 69 years old make individual decisions about prostate cancer screening. Encourage older men in your life to talk to their doctor about their personal risk factors and how they value the potential benefits and harms of screening, diagnosis, and treatment.

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

Supporting a Loved One with Prostate Cancer



If your loved one is diagnosed with prostate cancer:

- Encourage him to share his feelings and needs—support groups or counseling can help both of you navigate his diagnosis and treatment.
- Understand that he may want to talk to his doctor privately, but your support remains essential.
- Learn about treatment options and help him make informed decisions based on his values and quality of life.



When your loved one visits the doctor:

- Before the visit: Write down questions and note his current symptoms and side effects.
- During the visit: Take notes on what the doctor explains, prescribes, and recommends.
- After the visit: Help schedule follow-up visits and confirm short-term and long-term treatment plans.



Help your loved one by:

- Encouraging open communication and offering support.
- Providing and discussing financial resources.
- Suggesting support groups and mental health referrals.
- Helping him create a daily routine.
- Encouraging physical activity.



Care for yourself:

- Make time for activities you enjoy.
- Be kind to yourself and accept support from others.
- Pay attention to your mental health and reach out for help if needed.
- Look into caregiver support groups for guidance and encouragement.

If prostate cancer treatment is needed, options include:



Surgery to remove the prostate



Radiation therapy



Chemotherapy



Other treatments, such as hormone therapy



Explore Treatment Options Together

Before your loved one decides on a treatment, help him explore all options. Talk to his doctor together, if he is comfortable with that, to help him understand the possible side effects, how to handle them, and how each choice may affect his daily life and yours.



Scan the QR code to learn more about prostate cancer and prostate cancer screening.

