

LET'S TALK ABOUT PROSTATE CANCER.

- Prostate cancer affects about 1 in 8 men, and the risk goes up with age.
- Prostate cancer can grow without any signs or symptoms. That means you may not know you have it for years. Symptoms differ from person to person—but most men don't have any symptoms at all.
- Getting screened can catch it early, when it's most treatable. Screening checks for cancer before symptoms appear. It helps find cancers that could grow or spread if not treated. There are pros and cons to screening that you should consider when making a decision about getting screened.
- The USPSTF* recommends that if you're 55 to 69 years old, you should talk to your doctor about whether screening is right for you. Having this conversation can help you stay informed and take control of your health.

What Is Informed Decision-Making?

Informed decision-making means **you and your doctor work together** to make the best choices for your **prostate health**.

Your **doctor** is an expert on prostate cancer screenings and treatments.



As the **patient**, you know best what matters to you.

Informed Decision-Making

Together, you and your doctor decide on the best plan for your prostate health by combining medical expertise with your personal health values.

How to Make an Informed Decision

STEP
1

Get Ready to Talk with Your Doctor.

- Learn what might increase your risk—like age, race, or family history.
- Write down your questions and thoughts to feel prepared and confident during your visit.
- Reach out to your health insurance provider to learn which prostate cancer screening your plan covers. If you don't have insurance, other options may be available to help with costs. To find a federally qualified health center near you, visit <https://findahealthcenter.hrsa.gov/>.
- Understand there are pros and cons of screening and treatment.

STEP
2

Talk with Your Doctor.

- Find out which screening options are available.
- Ask if screening is a good choice for you, based on your age, health, and risk factors.
- Ask about the pros and cons of screening and treatment.
- Share what matters to you—like your values, daily routine, and long-term goals.
- Use your notes to help guide the conversation and make sure all your concerns are addressed.

STEP
3

Make the Decision Together.

- Think about your values, goals, and preferences in relation to your risk factors and the pros and cons of screening.
- You and your doctor are a team to help choose what is right for you.
- Talk with your family and friends if you need help thinking it through.
- Remember—it's your decision, and you don't have to make it alone.
- Revisit your decision as needed—it's okay to reassess over time.



It's normal to have questions about prostate cancer. Start the conversation with your doctor and learn more at www.cdc.gov/prostate-cancer.

*USPSTF: The U.S. Preventive Services Task Force is an independent group of experts who make evidence-based recommendations about preventive health services.

