

What is prostate cancer?

Prostate cancer is a disease where cells in the prostate (a gland in the male reproductive system) grow out of control.

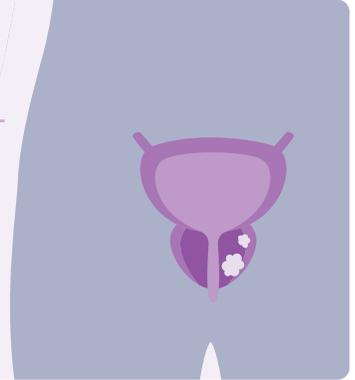
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Second leading cause of cancer death in people with a prostate.



Someone is diagnosed with prostate cancer every 2 minutes.

Black people are often diagnosed with prostate cancer at later stages, and are twice as likely to die from it than white people.



Who is at increased risk?

Risk factors increase your chance of getting prostate cancer. Talk with your doctor or medical team if you have a prostate and any of the following apply to you.

Your parent, sibling, or child has had prostate cancer.

You identify as Black, American Indian or Alaska Native, Latino, Native Hawaiian or Pacific Islander.

You are a U.S. Veteran or firefighter who may have been exposed to chemicals linked to prostate cancer, including Agent Orange.

You haven't been screened by age 55.

You have a family history of breast, ovarian, or pancreatic cancer, carry the BRCA1 or BRCA2 gene, or have Lynch syndrome.

How can I lower my risk of prostate cancer?

- Talk with your doctor about your prostate cancer risk starting at age 40.
- Stay active and exercise regularly.
- Eat a healthy diet with fruits, vegetables, and whole grains.
- Avoid or limit red meat, sugary drinks, and processed foods.
- Do your best not to smoke and avoid secondhand smoke. Find tools and resources at smokefree.gov
- Talk with your family about their health history and share it with your doctor.



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To find out more, check out Zero Prostate Cancer by scanning the QR code or visiting zerocancer.org

Talk with your doctor if you have any of these symptoms:

- Difficulty starting to pee.
- Weak or interrupted flow of pee.
- Pain or burning while peeing.
- Blood in your pee or semen.
- Painful ejaculation.

Prostate Cancer Screening Saves Lives



Yearly PSA screening has reduced prostate cancer deaths by

≡ **64%**



Who should be screened for prostate cancer?

Screening means checking for cancer before symptoms start, to find it early when it's easier to treat.

You should be screened if you have a prostate, and you are:

- Age 40 and at very high risk, which includes:
 - People with more than one close family member who had prostate cancer at a young age.
- Age 45 and at high risk, which includes:
 - African American men.
 - People who have a parent or sibling diagnosed with prostate cancer before age 65.
- Age 50 and at average risk.

What does screening look like?



Screening includes a PSA blood test, every year, starting at age 50 (or earlier depending on your risk level).

Prostate-Specific Antigen (PSA) Blood Test:

Shows the levels of PSA in your blood. High levels of PSA can be a sign of prostate cancer.

How will I pay for this screening?



Health insurance plans are required to cover cancer prevention screenings. To find insurance options available to you, scan the QR code or visit [wahealthplanfinder.org](https://www.wahealthplanfinder.org)



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To find a location to get prostate cancer screening near you, scan the QR code or visit [getscreened.cancer.org](https://www.getscreened.cancer.org)



More questions? Contact the NCI Cancer Information Service at 1-800-4-CANCER