

# PROSTATE CANCER

## signs to look for

Blood in urine



Constant need to urinate/frequent urination at night



Weak urine stream



Erectile dysfunction

Inability to empty bladder



Visit a doctor right away if you notice these signs.

## risk factors and prevention

**These factors can increase your risk of prostate cancer:**

- Older age
- Obesity
- Family history

One in four Black men will get prostate cancer during their lifetime.

**You may take these measures to lower your risk of prostate cancer:**

- Eat a healthy diet
- Maintain a healthy weight
- Avoid smoking and consume alcohol in moderation
- Avoid taking too many vitamins
- Reduce stress

# PROSTATE CANCER SCREENING

## frequently asked questions

### What does “screening for prostate cancer” mean?

- A screening is when your doctor checks you for disease before you have symptoms
- Prostate cancer screenings can detect cancer before it has spread, when it is at an early, treatable stage
- Screenings do not prevent cancer



### How does one get screened for prostate cancer?

- Talk to your doctor and ask to be screened
- Ask your doctor how often you should be screened



### What should I expect when I get screened?

Depending on your prostate cancer risk factors, your doctor may recommend different tests. The most common screening tests are:

- **Prostate specific antigen (PSA) test:** Your doctor will take a sample of your blood to measure the level of PSA in your blood. If these levels are higher than normal, your doctor may recommend additional tests to check for cancer
- **Digital rectal exam (DRE):** Your doctor will use a gloved finger to feel the prostate for any lumps or abnormal textures, which may indicate cancer



Prostate cancer is  
**100% treatable**  
when caught early!