

# Prostate Cancer Awareness

## Risk Factors



**Family History** – Having a brother or father with prostate cancer doubles the risk of developing prostate cancer.



**Age** – As men get older their risk for developing prostate cancer increases.



**Race** – Non-Hispanic Black men are more likely to be diagnosed with and die from prostate cancer compared to other men.



**Genetics** – Changes in BRCA1 and BRCA2, and other genes can increase risk for prostate cancer. Lynch Syndrome in men can also increase the risk for prostate cancer.

# #2

Prostate cancer is the second leading cause of cancer death in men.

# #1

Besides skin cancer, prostate cancer is the most common cancer diagnosis in men.



**Eat a healthy diet:** Diets high in fat, especially saturated fats and fats of animal origin, is associated with a higher risk of prostate cancer.

# 1 in 9

About one in nine men will be diagnosed with prostate cancer during their lifetime.

## Statistics

Prostate cancer accounts for 27% of all male cancers and 11% of male cancer-related deaths in the US.

## Warning Signs

**Signs of prostate cancer may mimic other conditions or have no signs at all. Some signs of prostate cancer may include:**

- ♦ Weak or interrupted ("stop-and-go") flow of urine.
- ♦ Sudden urge to urinate.
- ♦ Frequent urination (especially at night).
- ♦ Trouble starting the flow of urine.
- ♦ Trouble emptying the bladder completely.
- ♦ Pain or burning while urinating.
- ♦ Blood in the urine or semen.
- ♦ A pain in the back, hips, or pelvis that does not go away.
- ♦ Shortness of breath, feeling very tired, fast heartbeat, dizziness, or pale skin caused by anemia.

## Did You Know?

Prostate cancer treatment can vary and is unique to each person. Not all prostate cancers require treatment. Some grow slowly over time and can be monitored.

## Screening

Screening for prostate cancer should be a shared decision between men and their doctors. Men should review the possible benefits and drawbacks of screening for prostate cancer before deciding to screen. These conversations about screening should begin at age 40 for those who are at high risk, or age 50 for those who are at average risk.

Prostate-Specific Testing (PSA) is a blood test used to screen for prostate cancer. Digital Rectal Exams (DRE) may also be used to screen for prostate cancer. Men should discuss with their doctors which is the right test for them and for how often they should be screened.

## Treatment

Active surveillance, surgery and radiation are the most common treatments types for prostate cancer. Cryotherapy, chemotherapy, biological therapy, high-intensity focused ultrasound, target therapy, and hormone therapies may be used as well.

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