

Know Your Risk. Talk to Your Doctor.

Visit KnowYourStats.org for:

- Information on your risk for prostate cancer
- A quiz to rate your urinary symptoms
- Tools to decide if screening is right for you
- Information on treatments and life after treatment
- Prostate health educational events near you

The NFL has teamed up with the Urology Care Foundation to bring you the *Know Your Stats About Prostate Cancer*® campaign.

Urology Care
FOUNDATION™
The Official Foundation of the
American Urological Association



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Is Prostate Cancer Screening Right for Me?

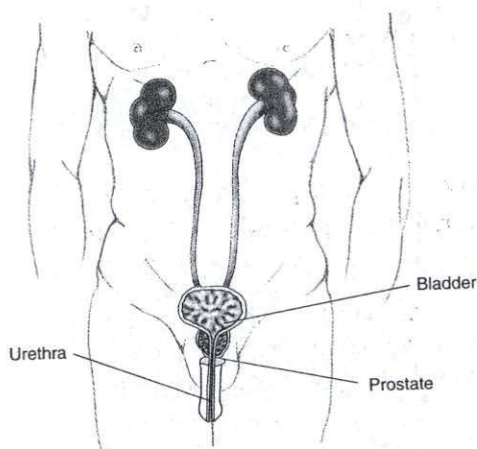
**Know
Your
Stats**
About Prostate Cancer®

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Know Your Risk. Talk to Your Doctor.

Know Your Prostate Cancer Stats

- More than 230,000 men will be told they have prostate cancer this year. It is the 2nd most common cancer in men in the U.S.
- About 1 in 7 men will be diagnosed in their lifetime.
- Prostate cancer is the 2nd leading cause of cancer death in men.
- Almost 2 out of every 3 prostate cancers are found in men age 65 or older.



What is Prostate Cancer?

Only men have a prostate. This walnut-shaped gland sits below the bladder. The prostate surrounds the urethra, the tube that carries urine out of your body. Prostate cancer occurs when abnormal cells from your prostate grow out of control.

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How do you screen for Prostate Cancer?

If you wish to be screened, your doctor will use a blood test to measure prostate-specific antigen (PSA). Your doctor may also feel your prostate for anything abnormal. This exam is known as a digital rectal exam (DRE).

Does a high PSA mean I have Prostate Cancer?

Not necessarily. Less than one-third of high PSA results are caused by prostate cancer. A prostate biopsy (tissue sample) is the only way to know for sure if you have cancer. However, your doctor may want to repeat your PSA or do other testing.

I've been having problems when urinating. Should I be worried?

If you are having urinary problems, your doctor may use the PSA test to check your prostate health. Remember, urinary symptoms like these are usually caused by prostate health issues other than cancer.

- You **urinate often** during the day and/or night.
- It is **hard to wait** when you have to urinate.
- Your urine **flow is weak or slow**.
- You have to push or **strain to start** urinating.
- You **stop and start** several times when you urinate.
- You have **pain with ejaculation**.

If you have problems like these, talk to your doctor about your prostate health.

Am I at higher risk for Prostate Cancer?

- **If you are African-American**, you are more likely to develop prostate cancer. African-American men are also twice as likely to be diagnosed with more deadly forms of the disease.
- **If your father, brother or other close relative was diagnosed** with prostate cancer, you have a higher chance of being diagnosed. This is especially true if two or more close relatives have been diagnosed, or if they were diagnosed before age 55.

If you are at higher risk for prostate cancer, talk to your doctor about screening.

Should I be screened for Prostate Cancer?

The choice to be screened for prostate cancer is a personal one. Before you decide to be tested, talk to your doctor about your risk for prostate cancer, including your personal and family history. Then talk about the benefits and risks of testing.

If you are age **55 to 69**, talk to your doctor about prostate cancer screening.

Some men are at higher risk for prostate cancer. Talk to your doctor about prostate cancer screening if you are age 40 to 54 and:

- are **African-American** or
- have a **father, brother or son who has had prostate cancer.**

Before you decide to have a PSA test, talk with your doctor about your risk for prostate cancer, including your personal and family history. Then talk about the benefits and risks of testing.

Possible benefits of a PSA test

- A normal PSA test may put your mind at ease.
- A PSA test may find prostate cancer early before it has spread.
- Early treatment of prostate cancer may help some men slow the spread of the disease.
- Early treatment of prostate cancer may help some men live longer.

Possible risks of a PSA test

- A normal PSA result may miss some prostate cancer (a "false negative" result).
- Sometimes the test results suggest something is wrong when it isn't (a "false positive"). This can cause unneeded stress and worry.
- A "false positive" PSA result may lead to an unneeded prostate biopsy (tissue sample).
- A positive PSA test may find a prostate cancer that is slow-growing and never would have caused you problems.