

# PROSTATE CANCER

## KNOW THE FACTS

### WHAT IS PROSTATE CANCER?

Cancer in the prostate gland (produces semen fluid). Affects men. Grows slowly in most cases.

### WHAT IS THE PROSTATE?

Gland below the bladder. Surrounds the urethra. Size varies with age.

### RISK FACTORS

**Age:** Biggest risk, increases sharply after 50.

**Family History:** Father/brother with prostate cancer doubles risk.

**Race/Ethnicity:** Higher risk: African American, Caribbean men of African descent Lower risk: Asian American, Hispanic/Latino.

### SYMPTOMS

Urination problems (frequent, painful, weak flow).

Blood in urine/semen.

Persistent back, hip, or pelvic pain.

Painful ejaculation.

### SCREENING

**Digital Rectal Exam (DRE):**

Doctor feels the prostate for lumps.

**Prostate-Specific Antigen (PSA) Test:**

Blood test to measure PSA levels (protein produced by the prostate).

### IMPORTANT QUESTIONS FOR YOUR DOCTOR:

Am I at higher risk?

When should I start screening?

What if my PSA test is normal?

What is a biopsy and how's it done?

What are the risks of treatment?



Talk to your doctor about screening benefits and risks.  
Most insurance covers PSA tests.

[AAHealth.org/prostate-cancer](http://AAHealth.org/prostate-cancer)

