

healthy choices



live well. be well.

Prostate Cancer

Are you at Risk for Prostate Cancer?

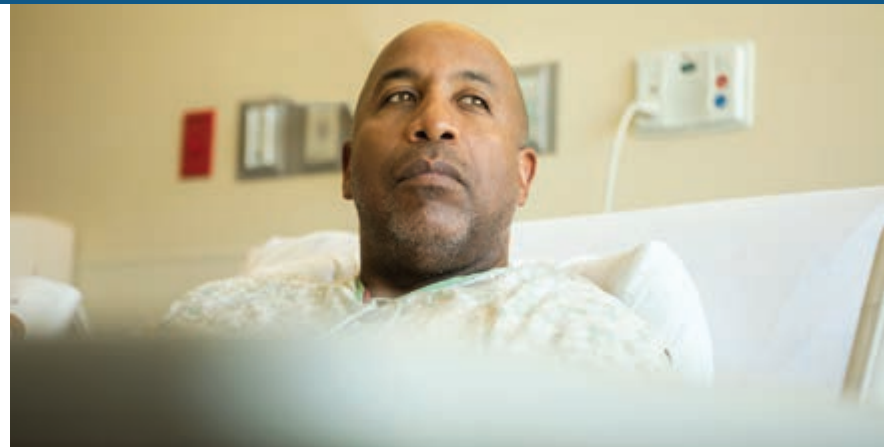
Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumor. Prostate cancer often grows slowly to start with and may never cause any problems. But some men have prostate cancer that is more likely to spread.

Screening and Detection

Screening is a process used to test for cancer in people who have no symptoms. This discussion should take place at:

- Age 50 for men at average risk and are expected to live at least 10 more years.
- Age 45 for men at high risk. This includes African American men, Caribbean men of African ancestry, and men who have a first-degree relative diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age)
If a man chooses to be tested, the prostate specific antigen (PSA) test is recommended.

Some clinicians may perform a digital rectal exam as part of screening.



Prostate Cancer in the US for 2020 are :

- New cases: 191,930
- Deaths: 33,330
- 5-year relative survival rate for localized stages: Nearly 100%
- 5-year relative survival rate for all stages combined: 98%



SCREENING Tests for MEN

Screening tests can find diseases early when they are easier to treat. These tests can save your life.



Stop avoiding the doctor

Don't wait to visit your physician until something is seriously wrong. Your physician can be your best ally for maintaining health and preventing disease. Follow your physicians treatment recommendations if you have health issues, such as high cholesterol, high blood pressure or diabetes. Also, ask your physician about when to have preventive care such as cancer screenings, vaccinations and other health evaluations.



I Feel Fine: Do I Need a Screening?

Even if you feel healthy, it is important to schedule regular health screenings with your physician. The purpose of these visits is to:

- Screen for diseases
- Assess risk of future medical problems
- Help develop a healthy lifestyle
- Update vaccinations (flu shot annually and tetanus every 10 years)
- Maintain a relationship with a doctor in case of an illness

Health experts from the U.S. Preventive Services Task Force have made recommendations, based on scientific evidence, about testing for these conditions. Talk to your physician about which ones apply to you and when and how often you should be tested.

- Prostate Health
- Obesity
- High Cholesterol
- High Blood Pressure
- Colorectal Cancer
- Diabetes
- Depression
- Sexually Transmitted Infections
- HIV
- Abdominal Aortic Aneurysm
- Recommended Screening Tests By Age

Your primary care physician may talk to you about the screenings discussed in this article. Visit www.655hw.org to locate a primary care physician.