



Prostate Cancer SHOULD I GET SCREENED?

Prostate Cancer

Cancer is a disease in which abnormal cells in the body grow out of control. When cancer starts in the prostate, it is called prostate cancer. The prostate is a walnut-sized organ located just below the bladder and in front of the rectum in men. It produces fluid that makes up a part of semen.



Who gets prostate cancer?

Only men can get prostate cancer. Prostate cancer is the most common form of cancer among men. In 2006, about 203,000 men in the United States were told by doctors that they had prostate cancer, and more than 28,000 men died from this disease.¹

What raises a man's chance of getting prostate cancer?

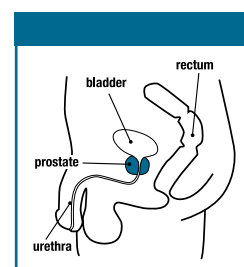
- Learn about prostate cancer
- Talk with your doctor
- Make the decision that's right for you

There is no way to know for sure if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are 50 years old or older, are African-American, or have a father, brother, or son who has had prostate cancer.

What are the symptoms of prostate cancer?

Different men have different symptoms for prostate cancer. Some men do not have symptoms at all. Some possible symptoms of prostate cancer are—

- Difficulty in starting urination.
- Weak or interrupted flow of urine.
- Difficulty in emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Frequent urination, especially at night.
- Painful ejaculation.
- Pain in the back, hips, or pelvis that doesn't go away.



If you have any symptoms, you should see your doctor right away. Keep in mind that these symptoms may be caused by other health problems.



1-800-CDC-INFO (232-4636)
www.cdc.gov/cancer/prostate



How can I prevent prostate cancer?

There is no known way to prevent prostate cancer, but researchers are trying to find ways. Some of the factors under study include—

- Vitamins and herbal supplements.
- Foods high in animal fat.
- Physical activity (or exercise).
- Men's hormone levels.
- Environmental agents, such as chemicals to kill pests.

Are there tests that can find prostate cancer early?

Cancer screening means looking for cancer before it causes symptoms. Tests that are commonly used to screen for prostate cancer are—

- Prostate specific antigen (PSA) test: PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as an enlarged prostate, prostate infections, and certain medical procedures also may increase PSA levels.
- Digital rectal exam (DRE): A doctor or nurse checks the the size and shape of the prostate.

Should I get screened for prostate cancer?

Not all medical experts agree that screening for prostate cancer is right for all men. Prostate cancer screening has potential risks as well as a potential benefit. The potential benefit of prostate cancer screening is finding cancer early, when treatment may be more effective. Potential risks include false positive test results (the test says you have cancer when you do not), treating prostate cancer that may never affect your health, and side effects from prostate cancer treatment.

CDC and other federal agencies follow the prostate cancer screening guidelines set forth by the U.S. Preventive Services Task Force (USPSTF), established by the Agency for Healthcare Research and Quality. The USPSTF finds that there is not enough scientific evidence to decide if prostate cancer screening is beneficial for men younger than 75 years old, and recommends against screening in men over age 75. The USPSTF suggests that men discuss the benefit and risks of screening for prostate cancer with their doctor.

CDC supports informed decision making, which means men talk with their doctors to learn the nature and risks of prostate cancer, understand the benefit and risks of the screening tests, and decide whether prostate cancer screening is right for them.

1 U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999–2006 Incidence and Mortality Web-based Report*. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2010. Available at: www.cdc.gov/uscs.

Where can I find more information about prostate cancer?

- **Centers for Disease Control and Prevention**
1-800-CDC-INFO
(1-800-232-4636) or www.cdc.gov/cancer/prostate
- **National Cancer Institute**
1-800-4-CANCER
(1-800-422-6237) or www.cancer.gov/cancertopics/types/prostate
- **American Cancer Society**
1-800-ACS-2345
(1-800-227-2345) or www.cancer.org
- **Screening Recommendation from the U.S. Preventive Services Task Force**
www.ahrq.gov/CLINIC/uspstf/uspSprca.htm