

Men's Health

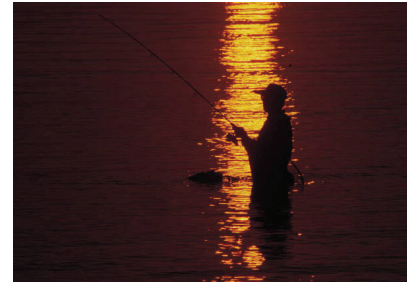
Dear Member,

You have been chosen by KyHealth Choices to receive this FACT SHEET on Prostate Cancer Screening. By working together we can help you take better care of your health.

Division of Medical Management and Quality Assurance

Prostate cancer is the second leading cause of death in men. What puts you at higher risk?

- Age: Men over age 50
- Race: African American men
- Family History: Men who have a father, brother, or son with prostate cancer.



Can Prostate Cancer Be Found Early?

YES

How?

By testing blood for PSA (prostate-specific antigen) and your healthcare provider doing a digital rectal exam (DRE). Because the prostate gland lies just in front of your rectum, the provider can feel if there are any areas of hardness in your prostate. This would indicate a need for more testing.

The US Preventive Services Task Force says that there is not enough information for or against routine screening for prostate cancer using PSA testing or digital rectal exam, but these can in most cases detect prostate cancer in its early stages. Men should be informed and consider their choices and risk before deciding whether to be tested. Your provider will discuss with you the benefits and limits of screening.

If you are:

- Older than 50 or
- Have a high risk of prostate cancer

Ask your provider about prostate cancer screening!



Photo courtesy of the KDFWR

What are the symptoms of prostate cancer?

Many men with prostate cancer often have no symptoms. If symptoms appear, they may include:

- Blood in the urine
- Weak or interrupted urine flow
- Not being able to pass urine
- The need to urinate often, especially at night
- Pain or burning while urinating
- Constant pain in the lower back, pelvis, or upper thighs



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Fishing For Facts

Facts About Prostate Cancer



Photo courtesy of the KDFWR

How common is prostate cancer?

A man in his lifetime has about a

- *1 in 6 chance of getting prostate cancer and*
- *1 in 33 chance of dying from prostate cancer.*

The older you are the greater the risk for getting prostate cancer.

Is prostate cancer serious?

Some prostate cancers become a serious threat to health by growing quickly, spreading beyond the prostate gland to other parts of the body, and causing death. Yet other prostate cancers grow slowly and never become a serious threat to health or affect how long a man lives. Providers can't always be sure what type of cancer is present in a particular case.

Your provider will tell you about screenings that are available to help see if you may have prostate cancer.

Are screenings right for you?

Talk it over with your healthcare provider.

Make an appointment today!

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.