

# Men's Health: Prostate Cancer

## Did you know?

Globally, prostate cancer is the 2nd most commonly occurring cancer in men and the 5th leading cause of death.

Catching prostate cancer at an early stage can lower the risk of death. Following recommendations of testing for prostate concerns is essential for treating cancer effectively.

## How to get tested

There are 2 tests that help to detect prostate cancer early.

1. **PSA Test:** A blood test that indicates when there might be a problem with the prostate.
2. **Digital Rectal Exam:** A doctor checks for abnormalities of the prostate, like lumps.

## When to start getting tested

Risk of developing prostate cancer increases with age.

If you are at **average risk** of developing prostate cancer due to aging, consider testing from age 50.

If you are at **high risk** of developing prostate cancer, consider testing from age 45. Black men (including men of African or Caribbean descent) and those with family history are considered high risk.

*Talk to your healthcare provider to determine when testing is right for you.*

## Signs & Symptoms

Symptoms of prostate cancer vary. Most men **do not experience symptoms**, so testing is vital.

The following symptoms may be linked to prostate cancer. If you experience any of these symptoms, visit your doctor.

- Difficulty urinating or emptying the bladder completely.
- Urinating often, especially at night.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain the back, hips, or pelvis that does not go away.
- Painful ejaculation.

Please note, these symptoms may be caused by conditions other than prostate cancer.

## Take Away

Ensure that you or the men in your life are visiting the doctor to get tested for prostate cancer according to recommended guidelines. Take care of your health!



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