

What are the tests for Prostate Cancer?

Your health care provider can help you decide whether you should be screened for prostate cancer now. The most common tests are:

- **PSA blood test**

This test measures the level of prostate specific antigen (PSA) in your blood. A high reading suggests cancer but it could be caused by other factors, such as age and race, or medical conditions such as an enlarged prostate or prostate infection.

- **Digital Rectal Exam (DRE)**

The DRE allows your health care provider to feel the back portion of the prostate gland for size and any irregular or abnormally firm areas. An enlarged prostate does not necessarily mean that cancer is present.

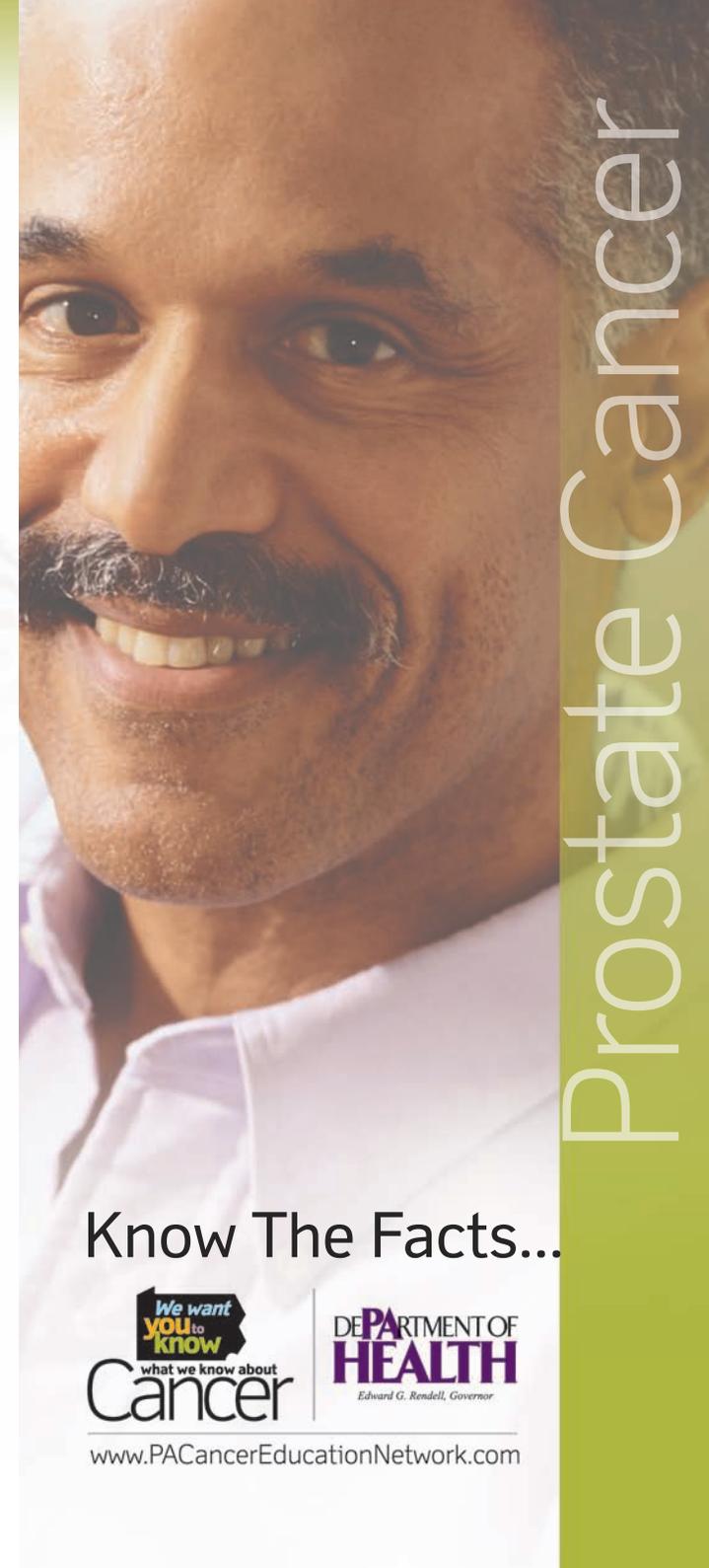
The PSA and DRE tests cannot tell if you have cancer; they can only suggest the need for further tests. Your health care provider is the best person to interpret your results.

Where can I get more information?

Visit the Pennsylvania Department of Health Cancer Education Network at www.PACancerEducationNetwork.com

National Cancer Institute's Cancer Information Service (toll-free)
Telephone: 1-800-4-CANCER
(1-800-422-6237)
TTY: 1-800-332-8615

PA Cancer Education Network



Know The Facts...



www.PACancerEducationNetwork.com

Am I at risk for Prostate Cancer?

There is no way to know for sure if you are going to get prostate cancer. Certain factors make you more likely to get it. These are called risk factors. Check your risk factors for prostate cancer:

- I am a man age 50 or older
- My father or brother had prostate cancer
- I am African American
- I eat a diet high in fat

If you **checked any** of these factors, you may be at risk of getting prostate cancer.

Action Plan if you are at risk for Prostate Cancer

- I will talk to my health care provider about prostate health
- I will check my family history for prostate cancer
- I will learn about screening tests that detect prostate cancer
- I will review my lifestyle and make changes for better health

Are there any factors that protect me from Prostate Cancer?

Not much is known about what protects you from prostate cancer. Men with a lower risk for prostate cancer:

- Eat a variety of healthy foods
- Limit intake of red meats, especially high-fat or processed meats
- Eat a diet high in fruits and vegetables
- Eat whole-grain breads, cereals, rice, pasta and beans
- Get screened for prostate cancer

What are the symptoms of Prostate Cancer?

Prostate cancer often has mild or no symptoms in the early stages. But as the cancer grows, symptoms may include:

- Need to urinate frequently, especially at night
- Difficulty starting or stopping urine flow
- Unable to urinate or weak urine flow
- Pain or burning when urinating
- Difficulty getting an erection
- Blood in urine or semen
- Having to rush to the toilet to urinate
- Frequent pain or stiffness in lower back, pelvis, or upper thighs

Action Plan if you have symptoms of Prostate Cancer

- I will talk to my health care provider right away