

Should I Get Tested for Prostate Cancer? — with Audio Descriptive Transcript

Audio Descriptive Text

- Should I get screened for prostate cancer?
- Photo of a doctor with a blue ribbon.
- Photo of doctor discussing health results with patient.
- Photos of a middle aged men, one of them wearing a cap.
- Photo of health experts with laptops, tablets, and printouts of data.
- Men 55 to 69 benefit most from a prostate cancer screening test.
- Prostate Specific Antigen in a notebook next to an injection and pills.
- Photo of a laboratory technician holding a tube that says PSA Test with a label on top that says PSA, C, and T.
- Physician putting samples on a tubes.
- Higher than normal PSA levels could mean that you have prostate cancer, or they could be high for other reasons—
 - Enlarged prostate.
 - Prostate infection.
 - Certain medicines.
- Photo of doctor with patient.
- Photo of laboratory microscope.
- Photo of doctor with patient.
- Photo of testing tubes.
- Benefits of PSA testing include—
 - Knowing your PSA level.
 - Finding prostate cancer early may make treatment easier.
- Image of the prostate gland.
- PSA tests may have negative consequences—
 - PSA levels are sometimes high when cancer isn't present.
 - PSA testing can't always tell which prostate cancers are deadly and which ones won't cause problems.
 - Most prostate cancers grow slowly.
 - Your doctor may recommend active surveillance.
 - Prostate cancer treatment can cause serious side effects.
- Link to the Prostate Cancer subsite with logos for the United States Department of Health and Human Services and the Centers for Disease Control and Prevention.

Video Summary

Many men wonder if they should get screened for prostate cancer. Each man must decide for himself. That's why it's important for men to talk about screening (testing) with their doctor. This video helps men understand their prostate cancer screening options.

Audio Script

You may have asked yourself, "Should I get screened for prostate cancer?" The answer is, talk with your doctor, learn what's involved, then decide if prostate cancer testing is right for you.

In 2018, the United States Preventive Services Task Force, a group of health experts, concluded that men 55 to 69 benefit most from a prostate cancer screening test.

The main test for prostate cancer measures blood levels for prostate specific antigen or PSA. A higher than normal PSA level does not mean you have prostate cancer. PSA levels could be high for other reasons, like an enlarged prostate, prostate infection or taking certain medicines. Your doctor may ask you to repeat the test or recommend a biopsy, taking a tiny sample of prostate tissue to send to the lab to check for cancer.

Before you get tested, ask your doctor about the possible benefits and harms of PSA testing. Benefits include knowing your PSA level, which can help your doctor determine your chance of having prostate cancer. Also, finding prostate cancer early may make treatment easier.

However, the test can have negative consequences as well. Because PSA levels are sometimes high when cancer isn't present, the tests may give a false positive result, which can cause unnecessary worry and additional tests. Furthermore, PSA testing can't always tell which prostate cancers are deadly and which ones won't cause problems.

Most prostate cancers grow slowly, so treatment may not be needed right away and might do more harm than good. Your doctor may recommend active surveillance, which includes regular checkups and tests to see if the cancer grows, then treat it if it does. Prostate cancer treatment, however, can cause serious side effects, like impotence and loss of bladder control.

Learn more about PSA screening and prostate cancer at [cdc.gov slash cancer slash prostate](https://www.cdc.gov/cancer/prostate)