

PROSTATE CANCER. I'D RATHER KNOW THE FACTS.

Talk with your doctor about prostate cancer screening.



What Men Should Know About Prostate Cancer



What It Is: When cells in the prostate—a small gland in men that helps make semen—grow out of control.



How Common It Is: About 1 in 8 men will get prostate cancer.



Who's at Risk: While all men are at risk for prostate cancer, it's more common in African American men, men with a family history, and older men.

Screening

- **What It Is:** A screening is a test to check for prostate cancer. The goal of screening is to **find prostate cancer early**, when treatment may work better.
- **Personal Choice:** Deciding to get screened is a personal choice. Think about the pros and cons, then talk to your doctor.
- **When to Consider It:** If you're 55 to 69 years old, the USPSTF* recommends that you talk with your doctor to decide if screening is right for you.
- **Why It Matters:** Screening can find prostate cancer early, but it's important to weigh the potential benefits and risks with your doctor.
- **How to Pay:** If you have health insurance, it may cover prostate cancer screening. Check your plan to find out. If you don't have health insurance, other options may be available. For more information, visit <https://bit.ly/cancer-payment-resources>. To find a federally qualified health center near you, visit <https://findahealthcenter.hrsa.gov/>.

Pros and Cons of Screening



PROS

- **Early Detection:** May find high-risk prostate cancer early, lowering the risk of serious illness or death for some men.
- **Peace of Mind:** You may prefer knowing your cancer status, since there aren't always symptoms.
- **Treatment Options:** Gives you time to explore treatment options.
- **Informed Decisions:** Empowers you to make the best decisions for your health.



CONS

- **False Positives:** PSA tests can suggest cancer when none is present, causing stress and possibly leading to unnecessary tests, like biopsies.
- **Biopsy Risks:** Biopsies can cause pain, infection, and blood in semen.
- **Overdiagnosis:** Some prostate cancers grow slowly and may never cause harm—but screening can lead to unnecessary treatment and potential complications.
- **Side Effects:** Some treatments may cause side effects, like incontinence and erectile dysfunction.

Should You Get Screened? If you're **55 to 69 years old**, talk to your doctor to see if screening is right for you. A quick conversation can help you make **the best choice for your health**.

Learn More:

www.cdc.gov/prostate-cancer



*USPSTF: The U.S. Preventive Services Task Force is an independent group of experts who make evidence-based recommendations about preventive health services.