



Know the facts on prostate cancer



When it's caught early, prostate cancer can be cured.¹

Prostate cancer is the most common non-skin cancer in American men.² But it grows slowly, and most men can beat it, with treatment.¹

Are you at risk for prostate cancer?

A lot of men with prostate cancer don't have symptoms until their cancer gets worse. That's why you should know your risks:³

- **Age** – About three out of every five prostate cancers are found in men over 65.
- **Family history** – Men whose fathers or brothers have prostate cancer are twice as likely to have it.
- **Race** – Men of African descent are more likely to get prostate cancer than men of other races.
- **Weight** – Being very overweight can lead to a delay in finding the cancer, so it has more time to grow.
- **Diet** – Men who eat a lot of red meat and high-fat dairy, and don't eat many fruits and vegetables, have a higher risk of getting prostate cancer.

Getting checked for prostate cancer

Since most men don't have any symptoms, it is often found during a routine digital rectal exam (DRE). There is also a blood test, called the prostate specific antigen (PSA) test. It screens for raised levels of PSA, a protein made by the prostate.⁴

**Talk to your doctor
about what screenings
are right for you.**



Sources
1 American Cancer Society. Survival rates for prostate cancer (accessed January 2015); cancer.org
2 American Cancer Society. What are the key statistics about prostate cancer? (accessed January 2015); cancer.org
3 American Cancer Society. What are the risk factors for prostate cancer? (accessed January 2015); cancer.org
4 American Cancer Society. Can prostate cancer be found early? (accessed January 2015); cancer.org