



PROSTATE CANCER AWARENESS

ASK YOUR DOCTOR ABOUT PROSTATE CANCER SCREENINGS

Once you've started the conversation around prostate cancer, make sure you're doing your part to help protect your health.



Actor portrayal.

THE THING IS, SCREENING IS THE MOST EFFECTIVE WAY TO CATCH PROSTATE CANCER EARLY.

Talking with your doctors about PROSTATE CANCER (PC) screenings can allow you the chance to catch it before further complications develop. And when caught early, PC could be easier to address. Your doctor might first recommend a simple blood test.

In fact, as Black men, you have a **97% 5-year survival rate** for PC. Here's the action you can take right now.

#1

LEARN ABOUT YOUR HIGHER RISK AS BLACK MEN

▶ **37% OF NEW CANCER CASES IN BLACK MEN WILL BE PROSTATE CANCER.**

- > You are more likely to be diagnosed with PC at a younger age than other men.
- > You are more likely to be diagnosed with late-stage PC than other men.
- > And you are twice as likely to die of PC than most other men.

▶ **THERE ARE DIFFERENT REASONS FOR THE HIGHER RATES OF PROSTATE CANCER IN YOUR COMMUNITIES, BUT 2 OF THEM ARE:**

- > Your awareness of PC screenings
- > Your access to quality medical care

You can change things when you talk about PC.



Actor portrayals.

#2

40 IS THE NEW 45

It is recommended that most men start talking to their doctors about PC screenings at age 45. However, Black men and men with a family history of cancer **should begin those conversations as early as 40.**



Actor portrayal.

TALK WITH YOUR DOCTOR FOR SCREENING ADVICE BASED ON YOUR MEDICAL HISTORY.

How frequently should you get screened? When you talk with your doctor, they may recommend screening with a prostate-specific antigen (PSA) blood test about every year.

#3

TALK ABOUT THE PSA BLOOD TEST AT YOUR NEXT APPOINTMENT

A PSA screening is a simple blood test that detects **prostate-specific antigen (PSA)** — a protein found in higher amounts in men with prostate cancer.

PSA screenings can be included in routine physicals or yearly doctor exams. Even if your doctor doesn't initially offer you a PSA exam, you can ask for one.

WHEN YOU KNOW YOUR NEEDS, YOU SHOULD SPEAK UP AND ADVOCATE FOR THEM.



Actor portrayal.

If your PSA results are elevated after your first screening, your doctor may want you to retake a PSA test before suggesting other methods, like the **digital rectal exam (DRE)**. A DRE is an exam where your doctor inserts a gloved finger into your rectum to check your prostate for changes in size, shape, texture, or anything unusual that the PSA blood test can't show.

Your doctor might also recommend one of the newer prostate cancer screening tests available.

You protect your health when you speak up and screen for prostate cancer.

#4

KEEP TRACK OF YOUR PSA LEVELS

What's your PSA level?

WHEN IT COMES TO YOUR PSA TEST RESULTS, there are ranges to look out for.*

- > **0 — 3.0 ng/mL:** This range is normal. Continue to get PSA blood tests about every 1 to 2 years, and track if your levels increase over time.
- > **3.1 ng/mL and above:** This is above normal and requires further testing and follow-up. Your doctor can refer you to a urologist, a specialist who will be able to confirm if you have PC.

*For ages 40 to 75 at high risk. Screening recommendations may change based on risk level and results of DRE.

It's important to remember that a PSA test is a tool that can tell you about the health of your prostate. Talk with your doctor about elevated PSA levels to understand what it means for you and if you need additional tests.



Actor portrayals.