



Prostate Cancer: Know the Facts

According to the American Cancer Society, prostate cancer is the most common cancer, other than skin cancers, in American men. It's estimated that more than 186,000 new cases of prostate cancer will be diagnosed in the U.S. this year.

Age is the strongest risk factor for prostate cancer. Prostate cancer is very rare before the age of 40, but the chance of having prostate cancer rises rapidly after age 50. About two out of three prostate cancers are found in men over the age of 65. Prostate cancer also occurs more often in African-American men than in men of other races. Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer.

Should You Be Tested for Prostate Cancer?

A prostate-specific antigen (PSA) test can measure the amount of prostate-specific antigen in the blood. PSA is released into a man's blood by his prostate gland. Healthy men have low amounts of PSA in the blood. Should you have a PSA test? Use this worksheet to the right to help you make your decision. After completing it, discuss the worksheet with your doctor.

Circle the answer that best applies to you:

I'm only in my early 50s and want to find out now, while I'm in excellent health, if I have cancer in my prostate.	Yes	No	NA
This cancer is usually a slow-growing cancer and is not likely to get very far in my lifetime. So I have no need to know whether I have prostate cancer.	Yes	No	Unsure
My health is not so good, and I'm not sure I am up to pursuing cancer testing and treatment.	Yes	No	Unsure
It is important for me to know if I have cancer, even if it is early and not causing symptoms yet.	Yes	No	Unsure
A PSA test may not be a good screening test for me because I have an enlarged prostate and am aware that my PSA levels will always be higher than normal.	Yes	No	NA
I am concerned that I might end up with urinary and erection problems if I have prostate cancer treatment.	Yes	No	Unsure
There's a history of prostate cancer in my family, and I will do anything I can to avoid having this cancer.	Yes	No	NA
If my PSA is high, I am not willing to have additional testing to determine whether I have prostate cancer.	Yes	No	Unsure

Your answers in the above worksheet are meant to give you an idea of where you stand on this decision. Be sure to discuss your concerns with your physician.

Worksheet provided by Healthwise®

To find a physician who can help, call **703-750-8800**.