

Prostate Cancer Screening



Prostate Cancer Screening **SAVES LIVES**

Learn about prostate cancer risk factors

SCREENING – MEN

● **Age 55 to 69**

Discuss the benefits and harms of screening for prostate cancer with your doctor. Your decision to have a screening should include consideration of your values and preferences.

● **Age 70 plus**

A regular screening for prostate cancer is not necessary.

FACTS

2nd

Prostate cancer is the second most common cancer and the second leading cause of cancer death in American men.

1 in 8

All men are at risk for prostate cancer. About one in eight men will be diagnosed with prostate cancer during their lifetime.

>90%

On average, it is estimated that over 90 percent of men with prostate cancer will live more than five years after being diagnosed.

RISK FACTORS

AGE Your risk of prostate cancer increases with age, especially after 50.

RACE Prostate cancer occurs more frequently in African-American men than men of other races.

FAMILY HISTORY If you have a father, brother or son with prostate cancer, your risk for prostate cancer is 2 to 3 times higher than average.

REDUCE YOUR RISK

There are things you can do that might lower your risk:

- TALK TO YOUR DOCTOR
- DO NOT SMOKE
- EAT FRUIT, VEGGIES AND WHOLE GRAINS
- BE PHYSICALLY ACTIVE
- STAY AT A HEALTHY WEIGHT

Learn more about prostate cancer risks, prevention and screening online at:

ProvidenceOregon.org/prostatecancerscreening

503-215-6014