

WHAT TO KNOW ABOUT Prostate Cancer Screening

Prostate cancer occurs when cancer cells form in the tissues of the prostate. The prostate is a walnut-sized gland close to the bladder and rectum. It is part of the male reproductive system and plays a role in fertility.



Prostate cancer screening helps find cancer early, when it is easier to treat. Prostate cancer screening includes these tests:



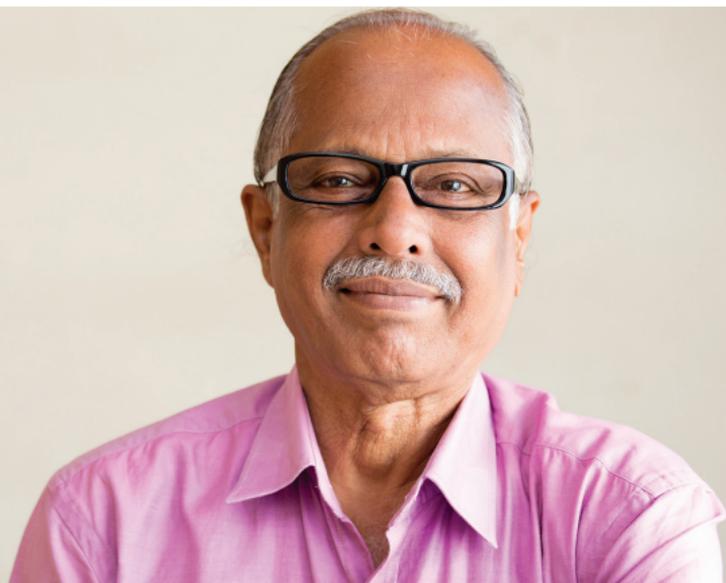
- **Digital rectal exam (DRE).** During this test, your doctor inserts a lubricated, gloved finger into the rectum to feel the prostate for lumps and other changes.



- **Prostate-specific antigen (PSA) blood test.** This test looks at the level of PSA in your body. PSA is a protein made by your prostate. A high level of PSA may be a sign of prostate cancer.

SCREENING RECOMMENDATIONS

Huntsman Cancer Institute recommends **all males 50 and older** talk to their doctor about prostate cancer screening.



SIGNS AND SYMPTOMS

Most people with prostate cancer show no signs or symptoms. If you notice any of the following, talk to your doctor as soon as possible:

- Trouble starting urination
- Frequent or painful urination
- Weak or interrupted (stop-and-go) flow of urine
- Blood in urine or semen
- Trouble getting an erection or painful ejaculation
- Weakness or numbness in legs or feet

HOW TO PREVENT CANCER



Avoid all forms of tobacco. This includes cigarettes, e-cigarettes, vaping, and chewing tobacco.



Be physically active. Exercise for at least 30 minutes each day.



Eat healthy food. Diets high in fruits and vegetables and low in fats and red or processed meats can help prevent cancer.



Know your family history. Talk with your doctor about your own health and your family's health history.



QUESTIONS?

1-888-424-2100

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06/2021