

Prostate Cancer Screening

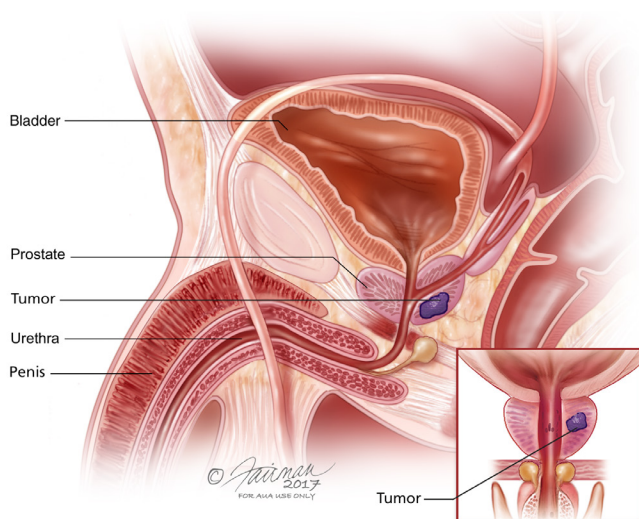
What You Should Know



What is Prostate Cancer?

The prostate gland is a walnut-shaped gland that sits below the bladder. The prostate surrounds the urethra, the tube that carries urine out of your body.

Pelvis Anatomy for People with Prostates



Prostate cancer is when abnormal cells in your prostate grow out of control. Prostate cancer cells can form a tumor in your gland and spread by breaking away from the tumor. They can travel through blood vessels or lymph vessels to reach other parts of the body. After spreading, cancer cells may attach to other organs and tissues and grow to form new tumors, causing damage where they land.

Other Conditions of the Prostate

- **Enlarged Prostate or Benign Prostatic Hyperplasia (BPH)** is a condition where the prostate becomes large and starts to cause urinary and other problems.

- **Prostatitis and Chronic Pelvic Pain** are conditions that cause inflammation in the prostate and pain around the penis and groin with urination.

Should I be Screened?

“Screening” means testing for a disease even if you have no symptoms. The choice to be screened for prostate cancer is a personal one, and it should be taken seriously. It begins with a conversation with your health care team about your risk for the disease, including your personal and family history. Then, a talk about the benefits and risks of testing.

Generally, screening is recommended for those with no symptoms who are between the ages of 45 to 69.

Some who are at higher risk for prostate cancer should consider screening as early as age 40-45. This group includes African Americans and anyone with a father, brother or son who has had prostate cancer.

What are the Screening Tests for Prostate Cancer?

- **Prostate-Specific Antigen (PSA)** is a blood test to measure this protein found in the prostate. When screening for prostate cancer, doctors should use PSA as the first screening test.
 - A low PSA score is a sign of a healthy prostate.
 - A rapid rise in scores may signal a problem (not necessarily cancer).
- **Digital Rectal Exam (DRE)** is an optional physical test to feel the prostate for problems.
- **Biopsy** tests are used if the PSA and/or DRE tests results cause concern. A biopsy is when a tissue sample is removed from the prostate and reviewed under a microscope to detect any cancer cells for a diagnosis.
- **Imaging and scans** may help your health care team learn more about your cancer. Some types are Magnetic



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resonance imaging (MRI), Computed tomography (CT) scan and Positron emission tomography (PET) scan.

What are the Signs and Symptoms of Prostate Cancer?

Early stages may cause no symptoms.

Intermediate stages may cause urinary problems like:

- trouble urinating or a weak urine flow
- frequent need to pass urine
- pain or burning

Non-cancerous problems (like prostatitis and BPH) may also cause these symptoms.

High-risk stages cause urinary problems and may include:

- Dull pain in the pelvic area
- Blood in the urine
- Painful ejaculation
- Pain in hips, lower back or upper thighs
- Loss of appetite and/or weight loss

What are the Benefits and Risks of Testing?

As you talk with your health care team to determine if prostate cancer screening is right for you, it is helpful to know the benefits and risks of the testing.

Possible benefits of prostate cancer testing:

- A normal PSA test may put your mind at ease.
- Early cancer treatment can slow the spread of the disease.
- Early cancer treatment helps many men live longer.

Possible risks of prostate cancer testing:

- Sometimes PSA test results suggest something is wrong when it is not (a “false positive”) and lead to worry and an unneeded biopsy.
- A normal PSA result may miss cancer (a “false negative”).
- A positive PSA test may detect prostate cancer that is slow-growing and won't cause problems.

What are the Possible Risks of Biopsy and Treatment?

Biopsies (a surgical procedure to confirm a cancer diagnosis) and surgeries may cause bleeding or lead to infection. Treating prostate cancer with surgery, radiation, drugs or hormones can cause risk for problems with the most common side effects to include erection problems, urine leaks and/or bowel issues. It is of great value to balance the risks of treatment versus the risks of cancer as you talk over next steps with your health care team.

About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit UrologyHealth.org/Download or call 800-828-7866.

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