



Men with a Higher Risk for Prostate Cancer

What You Should Know

Urology Care
FOUNDATION™
 The Official Foundation of the
 American Urological Association

What is Prostate Cancer?

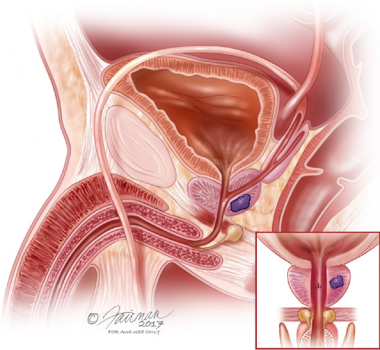
The prostate gland is about the size of a walnut and it is located between the bladder and the penis. Its main job is to make fluid for semen. Prostate cancer develops when abnormal cells form and grow in the prostate gland. Prostate cancer is often grouped into four stages:

- **Early Stage | Stages I & II:** The tumor has not spread beyond the prostate.
- **Locally Advanced | Stage III:** Cancer has spread outside the prostate but only to nearby tissues.
- **Advanced | Stage IV:** Cancer has spread outside the prostate to other parts of the body such as the lymph nodes, bones, liver or lungs.

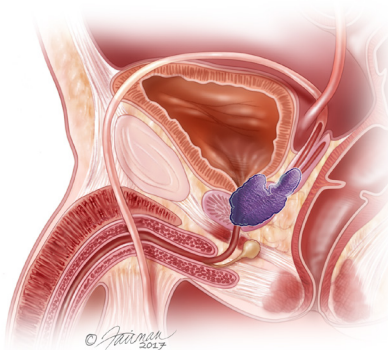
What are the Signs of Prostate Cancer?

A lot of men with prostate cancer do not have any symptoms. For those that do, symptoms depend on the size of the new growth and whether or not the cancer has spread to other parts of the body. With advanced disease, you may have problems passing urine or notice blood in your urine. Some men may feel tired, weak or lose weight. When prostate cancer spreads to bones, you may have bone pain. Some men with advanced prostate cancer may not have any signs of sickness, so it is of great value to learn who may be at a greater risk for this type of cancer and how to detect it.

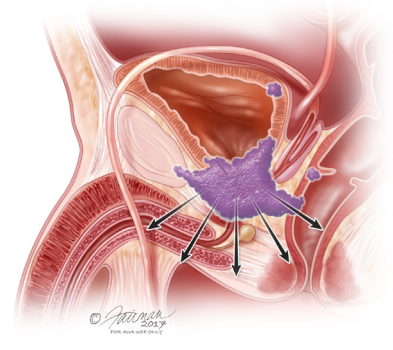
Early Stage | Stages I & II



Locally Advanced | Stage III



Advanced | Stage IV



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Who has a Higher Risk of Getting Prostate Cancer?

The risk for prostate cancer rises if you are age 65 or older, have a family history of prostate cancer, are African American or have inherited mutations of the BRCA1 or BRCA2 genes.

Age matters. For all men, prostate cancer risk increases with age. About 6 out of 10 cases of prostate cancer are found in men older than 65. Prostate cancer is rare in men under the age of 40.

Race and ethnicity are factors. African American men and Caribbean men of African ancestry face a higher risk for being diagnosed with prostate cancer. They are also more likely to be diagnosed with prostate cancer at a younger age.

It is not clear why prostate cancer affects African American men more than other racial/ethnic groups. However, it is important to ensure that African American men and their loved ones are aware of these health disparities to improve health outcomes.

Your doctor may suggest genetic testing because of your family history or because you have an aggressive prostate cancer.

Genetics do play a role. The risk of prostate cancer more than doubles in men with a family history of prostate cancer affecting their grandfathers, fathers or brothers. Having family members with breast and ovarian cancer also raises a man's risk for prostate cancer. This is because breast, ovarian and prostate cancers share some of the same genes, including BRCA1 and BRCA2.

If a person has any of these gene mutations, they should be screened earlier or more often for prostate cancer. As a health care tool, genetic test results can help determine whether a certain treatment would be helpful. For example, men with an inherited poly-(ADP)-ribose polymerase (PARP) mutation in the DNA of cancer cells could be helped with a PARP inhibitor. This targeted therapy inhibits the PARP mutation and helps stop it from repairing cancer cells.

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Your doctor may suggest genetic testing because of your family history or because you have an aggressive prostate cancer. Genetic testing looks for certain inherited changes (mutations) in a person's genes and can help determine if a cancer is hereditary. To find out if you have a genetic mutation linked to prostate cancer, you can take a simple blood or saliva test.

What is Screening and How may it Help?

Screening is testing for a disease in a population without obvious symptoms of disease. Screening for prostate cancer should be done if you're older than 55 or have a family history, even if you have no symptoms. Screening should be done earlier than the age of 55 if you are African American or a Caribbean man of African descent. Health care providers use two tests to check the health of the prostate. They are a blood test called prostate-specific antigen (PSA) and the digital rectal exam (DRE).

- **What is PSA?** PSA is a protein made by the prostate gland. A high PSA level can be a sign of prostate cancer or other prostate diseases. The PSA test measures the level of PSA in the blood. A lower PSA can be a sign of good prostate health. A rapid rise in your PSA level may be a sign that something is wrong. It could rise because you have an enlarged prostate or something called prostatitis. Prostate cancer is the most serious reason for a high PSA result.
- **What is the DRE?** The DRE is a 10 second test. During a DRE, the health care provider puts a lubricated gloved finger into the rectum. It is done to feel for any lumps, bumps or an abnormal shape or thickness of the prostate. A DRE can help your doctor diagnose prostate problems.

Talk to your doctor about whether prostate cancer screening is right for you.

How is Early-stage Prostate Cancer Treated?

Early-stage prostate cancer is a cancer that has grown in the prostate, but has not grown beyond the prostate capsule to other parts of the body, like lymph nodes or



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bones. Men with early-stage prostate cancer have a very good chance of survival. Here are the treatments that you may want to discuss with your doctor if you are diagnosed with early-stage, localized prostate cancer:

- Active Surveillance
- Surgery
- Radiation Therapy
- Cryotherapy
- HIFU and Focal Therapy

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How is Advanced Prostate Cancer Treated?

Advanced prostate cancer is cancer that has spread outside the prostate to other parts such as the lymph nodes, bones, liver or lungs. Treatment can help slow advanced prostate cancer progression. Here are the treatments you may want to discuss with your doctor if you are diagnosed with advanced prostate cancer.

- Hormone Therapy
- Chemotherapy
- Immunotherapy
- Bone-targeted Therapy
- Radiation

There are many treatment choices for prostate cancer. Which treatment to use, and when, will depend on the stage and discussions with your doctor.

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 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 urologist or healthcare provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications. For more information, visit UrologyHealth.org/Download or call 800-828-7866.

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