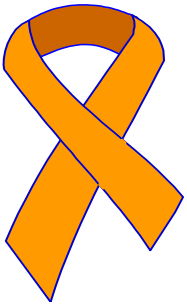


## Controlling your risk: Prostate Cancer Facts

### Prostate cancer is...

- second most common type of male cancer, second only to skin cancer.
- usually very slow growing.
- not a common cause of death. Men with this cancer usually die of some other problem.
- more of a risk for death if discovered in a younger man (age less than 65).

### Your risk is higher ...

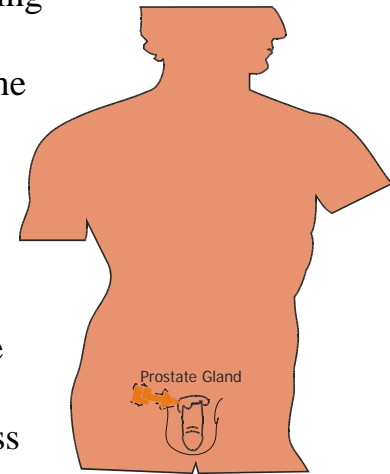


- the older you are.
- if you are of African ancestry.
- if a close relative has had prostate cancer before the age of 60.
- if more than one close relative has had prostate cancer.
- if you eat a lot of animal fats.

**DRE** (digital rectal exam) and **PSA** (prostate specific antigen blood test) are sometimes recommended to find prostate cancer earlier. If you have risk factors or are age 50 or older, ask your medical provider if these tests may benefit you.

**Talk to your provider** within one month (or sooner!) if you notice any unexplained prostate or urinary symptoms, such as....

- Getting up more often at night to urinate.
- Trouble starting or holding your urine.
- Weak or interrupted urine flow.
- Pain or burning when urinating.
- Blood in your semen or urine.
- Pain when you ejaculate (orgasm or climax).
- Frequent pain or stiffness in your lower back, hips, or upper thighs.



These symptoms do not mean you have prostate cancer. They are also common in many other illnesses including benign prostatic hypertrophy (BPH, a common non-cancerous enlargement of the prostate that many men have as they get older).

Talk to your provider if you have symptoms or questions!