



BlueResourceSM ÷ Protecting Your Health ÷ Screening for Prostate Cancer

Get Ahead of a Stealthy Cancer

With age comes wisdom, right? And sometimes a few unwelcome surprises, such as prostate cancer. About 13 in 100 American men will get it. Fortunately, prostate cancer is slow growing. Finding it before it spreads offers the best chance of beating it. Here are ways to protect yourself.

Know your genetic risk. Educate yourself and be proactive. All men are at risk for prostate cancer, but African-American men are more likely to get it than others.

Check your family history. Find out if anyone in your family has had prostate cancer. Men whose grandfather, father or brother have been diagnosed have a higher risk.

Make healthy choices. Stop smoking, lose weight if you need to, stay active and limit the amount of red meat and fat you eat. Smart choices can help prevent prostate cancer.

Get screened. Ask your doctor about a prostate specific antigen (PSA) blood test. Your doctor can tell you when to get tested.

Have a digital rectal exam. Set embarrassment aside for a few seconds. A digital rectal exam allows your doctor to feel the prostate for any abnormalities like cancer.



Learn how to detect and prevent prostate cancer.

Sources: *What Is Screening for Prostate Cancer?* Centers for Disease Control and Prevention. 2020.
Who Is at Risk for Prostate Cancer? Centers for Disease Control and Prevention. 2020.
How to Prevent Prostate Cancer. Prostate Cancer Foundation. 2020.