

# HEALTHY IS UNDERSTANDING PROSTATE CANCER

## STATS & FACTS

Prostate cancer begins when cells in the prostate gland start to grow out of control.

The American Cancer Society's estimates for prostate cancer in the United States for 2022 are:

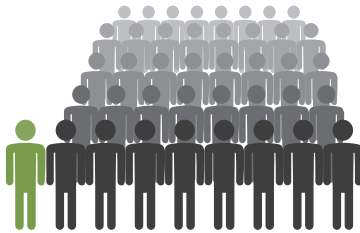
ABOUT  
**268,490**  
NEW CASES OF  
PROSTATE CANCER

ABOUT  
**34,500**  
DEATHS FROM  
PROSTATE CANCER

About  
**1-in-8**  
men will be diagnosed with  
prostate cancer during their lifetime.



About  
**1-in-41**  
men will die of  
prostate cancer.



Prostate cancer is more likely to develop in older men and in non-Hispanic Black men. About 6 cases in 10 are diagnosed in men who are 65 or older, and it is rare in men under 40.

**THE AVERAGE AGE OF MEN  
AT DIAGNOSIS IS ABOUT 66.**

## REDUCE YOUR RISK

For now, the best advice about diet and activity to possibly reduce the risk of prostate cancer is to:



- Get to and stay at a healthy weight.
- Keep physically active.

Follow a healthy eating pattern, which includes a variety of colorful fruits and vegetables and whole grains, and avoid or limit red and processed meats, sugar-sweetened beverages, and highly processed foods.

**MOST PROSTATE CANCERS ARE FOUND EARLY,  
THROUGH SCREENING.**

## HIGH RISK POPULATION

Those in the high risk population may need to screen for prostate cancer between the ages of 40 and 54. You are at high risk if you:

- Have at least one first-degree relative (such as your father or brother) who has had prostate cancer
- Have at least two extended family members who have had prostate cancer
- Are a non-Hispanic Black man, an ethnicity that has a higher risk of developing more aggressive cancers



Speak with your healthcare provider to determine when you should be screened.

## PROSTATE CANCER SCREENING



Men over the age of 55 are recommended to screen for prostate cancer through a Prostate Specific Antigen (PSA) blood test

## PROSTATE-SPECIFIC ANTIGEN (PSA) BLOOD TEST

- Prostate-specific antigen (PSA) is a protein made by cells in the prostate gland



- The chance of having prostate cancer goes up as the PSA level goes up; however, PSA is not specific for prostate cancer and other benign conditions may cause PSA elevation (BPH, prostatitis, etc.)

- Most men without prostate cancer have PSA levels under 4 ng/ml of blood. When prostate cancer develops, the PSA level often goes above 4. Still, a level below 4 is not a guarantee that a man doesn't have cancer

**ABOUT 15% OF MEN WITH A PSA BELOW 4 WILL HAVE PROSTATE CANCER IF A BIOPSY IS DONE**

Sources: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/prostate-cancer/prostate-cancer-age-specific-screening-guidelines#:~:text=Prostate%20Cancer%20Screening%20Ages%204%20to%2054&text=But%20he'll%20probably%20start,who%20has%20had%20prostate%20cancer>

<https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>

Men with a PSA level between 4 and 10 (often called the “borderline range”) have about a 1 in 4 chance of having prostate cancer

**IF THE PSA IS MORE THAN 10, THE CHANCE OF HAVING PROSTATE CANCER IS OVER 50%**

**IF YOUR PSA LEVEL IS HIGH, YOU MIGHT NEED FURTHER TESTS TO LOOK FOR PROSTATE CANCER**

More advanced prostate cancers can sometimes cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

**If prostate cancer is suspected based on the results of screening tests or symptoms, further testing will be needed to confirm a diagnosis.**

**If you're seeing your primary care doctor, you might be referred to a urologist, a doctor who treats cancers of the genital and urinary tract, including the prostate.**

**If you're looking for a provider, visit [echn.org/find-a-provider](https://www.echn.org/find-a-provider)**