

PROSTATE CANCER

Risk factors & warning signs



Risk factors

- Age 50 or older
- African American
- Have a family history of prostate cancer
- Eat a diet high in red meat or dairy products

Warning signs

- Frequent urination
- Difficulty when starting to urinate or trying to hold it back
- Not being able to urinate
- Weak or interrupted urine flow
- Blood in the urine
- Difficulty having an erection
- Blood in the semen
- Frequent pain or stiffness in the lower back, hips or upper thighs

Having one or more of these warning signs does not mean you have cancer.

Talk to your doctor if you notice anything unusual or think you may be more likely to get prostate cancer.

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PROSTATE CANCER

Should you be tested?

Beginning at age 45, speak with your doctor about the benefits and risks of **prostate screening**.

If you are African American or have a family history of prostate cancer, talk to your doctor sooner.

Questions to ask your doctor

- What is my risk for prostate cancer?
- What are the benefits and risks of prostate cancer screening?
- How accurate are prostate screening tests?
- What should I do if prostate cancer is found?

If you choose prostate cancer screening:

- Get a baseline PSA test
- Strongly consider a baseline digital rectal exam
- Continue testing as indicated by your previous test results

If you are age 75 or older, your doctor can help you decide if you should continue screening.

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

Appointments available • 713-745-8040

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