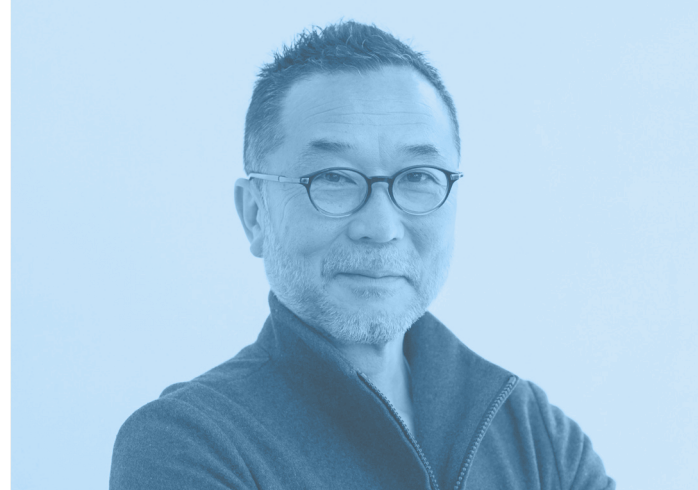


My Action Plan

- I will talk to my doctor about prostate health.
- I will check my family history for prostate cancer.
- I will learn about screening tests that help find prostate cancer.



Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

**Philip E. and Naomi P. Lippincott
Resource and Education Center**
215-214-1618
recstaff@fcc.edu



Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-discrimination notice: Fox Chase Cancer Center does not exclude participation in, and no one is denied the benefits of, the delivery of quality medical care on the basis of race, religious creed, sex, sexual orientation, gender identity, disability, age, ancestry, color, national origin, physical ability, or source of payment.

© Fox Chase Cancer Center. All rights reserved 1/2019



Prostate Cancer

Know the Facts...

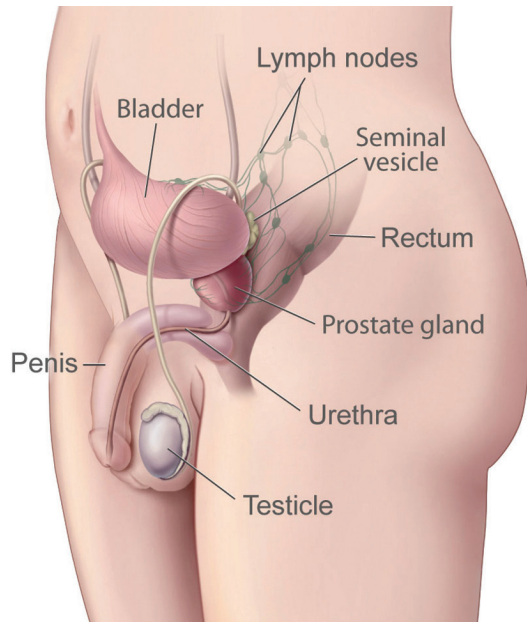


Am I at risk for Prostate Cancer?

There is no way to know for sure if you are going to get prostate cancer. Certain things raise your chances of getting it. These are called risk factors. Check your risk factors for prostate cancer below:

- I am a man aged 55 or older
- My father or brother had prostate cancer
- I am African American

If you *checked any* of these factors, you may be at risk for prostate cancer.



Anatomy of the male reproductive and urinary systems

What are the symptoms of Prostate Cancer?

Prostate cancer often has mild or no symptoms in the early stages. But as the cancer grows, symptoms may include:

- Needing to urinate often, especially at night
- Trouble starting or stopping urine flow
- Inability to urinate or weak urine flow
- Pain or burning when urinating
- Trouble getting an erection
- Blood in urine or semen
- Having to rush to the toilet to urinate
- Pain or stiffness in lower back, pelvis, upper thighs, hips, chest (ribs), or other areas that happens often
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control

What are the screening tests for Prostate Cancer?

Talk with your doctor about the risks and benefits of testing. The most common screening tests used are:

• PSA Blood Test

This test measures the level of prostate specific antigen (PSA) in your blood. A high reading suggests cancer, but it could be caused by other things like age, race, an enlarged prostate or prostate infection.

• Digital Rectal Exam (DRE)

The DRE allows your doctor to feel the back portion of the prostate gland for size and any abnormal areas. An enlarged prostate does not necessarily mean that cancer is present.

The PSA and DRE tests cannot tell if you have cancer, they can only suggest if you need more tests. Your doctor is the best person to explain your results to you.

If you are:

- A man ages 55-69 you should talk to your doctor about the risks and benefits of screening.
- A man at higher risk of prostate cancer (African Americans or you have a family history), talk to your doctor about screening before age 55.
- A man 70 or older, PSA testing is not suggested unless you are having symptoms or your doctor recommends the test.

