

## ***This Time... It's about YOU!***

### **GET THE FACTS ABOUT PROSTATE CANCER**

- Talk with your doctor about prostate cancer screening.
- African-American men are at a higher risk of getting prostate cancer.
- More information and support are available.
- Make the decision that is right for you.

#### ***American Cancer Society Recommendations***

The American Cancer Society believes doctors should offer the PSA blood test and the digital rectal exam yearly, beginning at:

- 50 years old for men who do not have any major medical problems and can be expected to live at least 10 more years.
- 45 years old for men at high risk, including African-American men and men who have a father, brother, or son who had prostate cancer before age 65.
- 40 years old for men at even higher risk because they have several close relatives with prostate cancer at an early age.

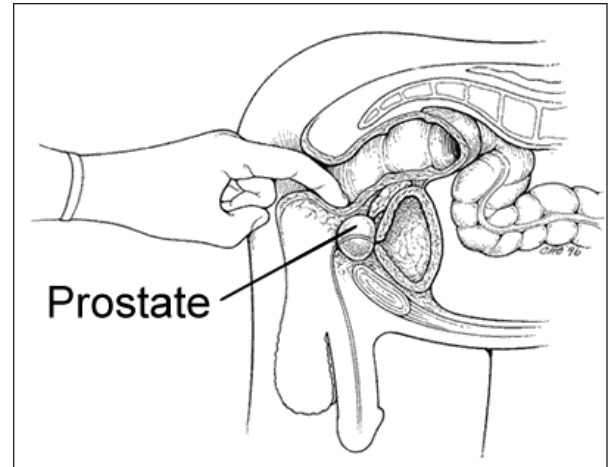


Be sure to talk to your doctor about being screened for prostate cancer!

## Words to Know

**Prostate Specific Antigen (PSA):** A protein made by normal cells **and** prostate cancer cells. It is found in the blood and can be measured with a blood test.

**Digital Rectal Exam (DRE):** A physical exam, which is done by your doctor. Your doctor will place a gloved, lubricated finger into your rectum to feel for any irregular or firm areas that might be cancer.



The prostate is a small organ the size of a walnut found only in men. It helps make a milky fluid that carries sperm. It is located below the bladder and in front of the rectum. The urethra (the tube that carries urine) runs through the middle of the prostate.

For more information, please call the National Cancer Institute at 1-800-4CANCER.

### Sources:

- *American Cancer Society's Complete Guide to Prostate Cancer*
- American Cancer Society, How Is Prostate Cancer Found?, June 2007, [http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_3X\\_How\\_is\\_prostate\\_cancer\\_found\\_36.asp?sitearea=](http://www.cancer.org/docroot/CRI/content/CRI_2_2_3X_How_is_prostate_cancer_found_36.asp?sitearea=)
- National Cancer Institute, Understanding Prostate Changes: A Health Guide for Men, August 2004, <http://www.cancer.gov/cancertopics/understanding-prostate-changes>

African-American men can take charge of their health by talking with their doctor about getting screened for prostate cancer.

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Texas AgriLife Extension Service and the Cancer Prevention & Research Institute of Texas remind you to participate in regular screening activities as part of a healthy lifestyle for you and your family.