

CARE ABOUT SOMEONE WITH A PROSTATE?

Encourage them to talk to their doctor about prostate cancer screenings.






HOW TO START THE CONVERSATION

Come from a place of curiosity and reassurance. You can ask questions like:

- I've seen a lot about early detection in prostate cancer—do you know much about it?
- When was the last time you talked with your doctor about getting screened for prostate cancer?

SOME RISK FACTORS TO DISCUSS

-  **Prostate cancer risk increases with age.** According to the American Urological Association (AUA)/Society of Urologic Oncology (SUO) guidelines, the recommended age to start screening is **45** for most people, or **40** for people at high risk.
-  **Some groups have a higher rate of prostate cancer diagnosis than others.** For example, **1 in 6 Black people** with a prostate will be diagnosed with prostate cancer in their lifetime, compared with **1 in 8** for all people with a prostate.
-  **A family history** of prostate, ovarian, breast, colon, or pancreatic cancer increases risk.

POTENTIAL PROSTATE CANCER SIGNS/ SYMPTOMS TO ASK ABOUT

Prostate cancer doesn't always show signs. When signs do appear, they can include:

-  **Abnormal or painful peeing**
-  **Blood in urine or semen**
-  **Unusual erection issues**
-  **Pain in your back/ pelvis/hips**
-  **Painful ejaculation**
-  **Sudden, unexpected weight loss**

HIGHLIGHT THE BENEFITS OF SCREENINGS

- Roughly **1 in 8 people** with a prostate will be diagnosed with prostate cancer in their lifetime. But if diagnosed early, the 5-year relative **survival rate is over 99%.*** That's where the importance of screening comes in
- Explain that the first step in getting screened is not usually a rectal exam—it's a simple blood test[†] called a prostate-specific antigen (PSA) test. PSA is a protein measured in the blood
- Remind them that this is a routine exam—they probably know several people who've been screened



OTHER WAYS TO SUPPORT A LOVED ONE

- Offer to go with them to their appointment
- If you know someone who's had a prostate cancer screening, see if they can chat with your loved one about it

*Localized or regional stage prostate cancer.

[†]The PSA blood test can be the first step in screening for prostate cancer. Talk to a doctor to evaluate risk, determine when to get tested, and discuss screening options and next steps. A digital rectal exam may be performed by a doctor based on their clinical judgment.