



Prostate Cancer Fact Sheet

for Patients and Caregivers



Prostate cancer is the most common type of cancer in men (other than skin cancer) and the second-leading cause of cancer death in men (after lung cancer) in the US.

Risk Factors

- **Age:** Men of any age can get prostate cancer, but the risk of having it is higher after age 50.
- **Race/ethnicity:** African American men and Caribbean men of African ancestry are more likely to get prostate cancer than men of other races.
- **Family history:** Having a father or brother who has had prostate cancer increases the risk of getting this disease. Risk is higher if your brother had prostate cancer than if your father had it. Having more than one close relative with prostate cancer raises the risk even more, especially if the relatives were young when the cancer was found.
- **Inheriting gene changes:** Certain gene changes (such as *BRCA1* and *BRCA2* genes) or having Lynch syndrome can increase a man's risk of getting prostate cancer.

Prevention

There is no sure way to prevent prostate cancer. But there are some things you can do that might help lower the risk. Regular physical activity, getting to and staying at a healthy weight, and following a healthy eating pattern that includes fruits, vegetables, and whole grains might help lower your risk of prostate cancer. Also, limit or avoid red and processed meats and highly processed foods.

Screening and Early Detection

Screening is a process used to look for cancer in people who have no symptoms. The American Cancer Society recommends that men talk to their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the risks and potential benefits of prostate cancer screening.

The discussion about screening should take place at:

- **Age 50 for men who are at average risk** and are expected to live at least 10 more years
- **Age 45 for men at high risk**, including African American men and Caribbean men of African ancestry, or any man with a first-degree relative (father or brother) diagnosed with prostate cancer before the age of 65
- **Age 40 for men at even higher risk**, including those with more than one first-degree relative who had prostate cancer at an early age

Men who decide to get screened should be tested with the prostate-specific antigen (PSA) blood test. Some doctors might also do a digital rectal exam (DRE).

Signs and Symptoms

Early-stage prostate cancer usually has no symptoms. More advanced prostate cancer (cancer that may have spread outside the prostate) may cause symptoms, such as:

- Problems urinating, such as pain or burning during urination or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection
- Weakness or numbness in the legs or feet, or not being able to control the bladder or bowel, caused by cancer pressing on the spinal cord
- Pain in the hips, spine, ribs, or other areas, caused by cancer that has spread to the bones

Treatment

Treatment for prostate cancer depends on the type and stage (how big the cancer is and if it has spread) and the results of any testing done on the tumor. Your age, other health problems, and personal choices are also considered. If you have prostate cancer, talk to your doctor about the best treatment for you.

Living With Prostate Cancer

Prostate cancer affects a man's quality of life. Different physical, social, mental health, spiritual, and money issues can come up at any time.

Men with prostate cancer may be helped by palliative care at any time. Palliative care focuses on helping manage symptoms, addressing issues, and improving quality of life.

Good communication between a person with cancer and their health care team is important and involves:

- Asking and answering questions
- Working together to set care goals
- Making shared decisions
- Managing side effects and other issues
- Scheduling follow-up tests and care



To learn more about prostate cancer, visit the American Cancer Society website at cancer.org/prostatecancer or call us at **1-800-227-2345**. We're here when you need us.