



Early Detection is Key!



One in eight men will develop prostate cancer in his lifetime, with African American men being at higher risk.

Screenings help find cancer early, when you have no signs or symptoms and it is easier to treat.



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Cancer Care Network

Talk with your health care provider about when to begin screening.

Discuss the risks and benefits of prostate cancer screening and determine when screening is right for you.

- **Age 50** for men at average risk.
- **Age 45** for men at high risk—this includes African Americans and men with a first-degree relative (father, son, brother) diagnosed with prostate cancer before age 65.
- **Age 40** for men at even higher risk—this includes men with more than one first-degree relative (father, son, brother) diagnosed with prostate cancer before age 65.

Prostate cancer screening is a two-step process.

The first step is a prostate specific antigen (PSA) blood test which measures a protein produced by cells of the prostate. The second step is a digital rectal exam performed by your health care provider to help identify changes in the size or texture of your prostate.