

## Prostate Cancer

### What is Prostate Cancer?

Prostate cancer occurs when cells in the prostate begin to grow out of control. It is the most common cancer (behind skin cancer) and the second leading cause of cancer death among men in the United States.

Prostate cancer usually grows very slowly and can be found and treated before symptoms occur.

[What Is Prostate Cancer? | Types of Prostate Cancer | American Cancer Society](#)

[Prostate Cancer—Patient Version - NCI](#)

### Can Prostate Cancer be Prevented?

There is no absolute way to prevent prostate cancer. There are certain things like age, race, and family history that can't be controlled that increase your risk for prostate cancer. However there are certain risk factors that you can focus on to lower your risk of developing prostate cancer.

#### Risk Factors You Can Control

Weight – It is critical to get to and stay at a healthy weight with physical activity and a healthy diet. Studies show that men who are overweight or obese have a higher risk of prostate cancer or prostate cancer that is more likely to be fatal.

**PROSTATE CANCER DOESN'T ALWAYS HAVE SYMPTOMS. TALK TO YOUR HEALTH CARE PROVIDER TO SEE IF A PSA TEST IS RIGHT FOR YOU.**

#### Risk Factors You Cannot Control

Age – While prostate cancer is rare in men younger than 40, it is still important to know your risk.

The American Cancer Society (ACS) recommends that discussion about screening should take place at:

- Age 40 for men at higher risk (those with more than one first-degree relative who had prostate cancer at an early age).
- Age 45 for men at high risk of developing prostate cancer. This includes Black or African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer before the age of 65.
- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.

Family History – A man whose father, brother, or son has had prostate cancer has a higher risk of developing prostate cancer himself.

Race – Prostate cancer occurs more often in African American men than in White men. African American men are also more likely to die from prostate cancer than White men.

### **What is Prostate Cancer Screening?**

Based on your age and history, your doctor may recommend prostate cancer screening. This is most routinely done with a Prostate-Specific Antigen (or PSA) test. PSA is a protein made by cells in the prostate gland. It is mostly in semen but is also found in the blood. According to the American Cancer Society, the chance of having prostate cancer goes up as the PSA goes up.

While there is no set cut-off point to say for sure if a man does or does not have prostate cancer, many doctors use a cut off point of 4 ng/mL or higher to decide if further testing is recommended.

- Most men without prostate cancer have PSA levels under 4ng/mL
- Men with a PSA level between 4 and 10 have about a 1 in 4 chance of having prostate cancer.
- If the PSA is more than 10, the chance of having prostate cancer is over 50%.

### **What if My Test Results Aren't Normal?**

If your initial PSA level is higher than normal, it does not always mean you have prostate cancer, but you might need further tests. Your doctor might recommend a variety of options:

- Wait a while and get a second PSA test.
- Trying another type of test to get a better idea of the situation.
- Getting a prostate biopsy to test for prostate cancer.

Your options will depend on your age and overall health and your own comfort level regarding waiting or having more tests done.

[Prostate Cancer Screening Tests | American Cancer Society](#)