



Is screening right for you? The decision is yours.

Facts about Screening—

- PSA screening can detect cancers before they cause any symptoms.
- False alarms, which are screening results that suggest cancer when there really is no cancer there, are common. On the other hand, screening can miss cancer that's really there.
- Treating PSA-detected cancers might help a man live longer, but experts don't know for sure.
- Annual screening for African American men should begin at age 45. Men who have a father or brother with prostate cancer should begin regular screening at age 40.
- Screening for prostate cancer may provide peace-of-mind for some men.

Many medical experts believe all men should be offered regular screening tests for prostate cancer; others do not.

More Facts about Screening

- PSA may contribute to the declining death rate but we are uncertain.
- Even though cancer may be detected earlier, experts aren't sure if earlier treatment helps men live longer or better.
- Screening for prostate cancer may produce feelings of anxiety for some men.

Prostate Cancer Outreach Project

Our mission is to provide you with the most comprehensive information so that you can make an informed decision about prostate cancer screening.

After seeing this material we hope that you will know more about prostate cancer screening and think of screening as a decision you can make together with your doctor.



The Power of Unity

www.CTCancerPartnership.org

Prostate Cancer Outreach Project

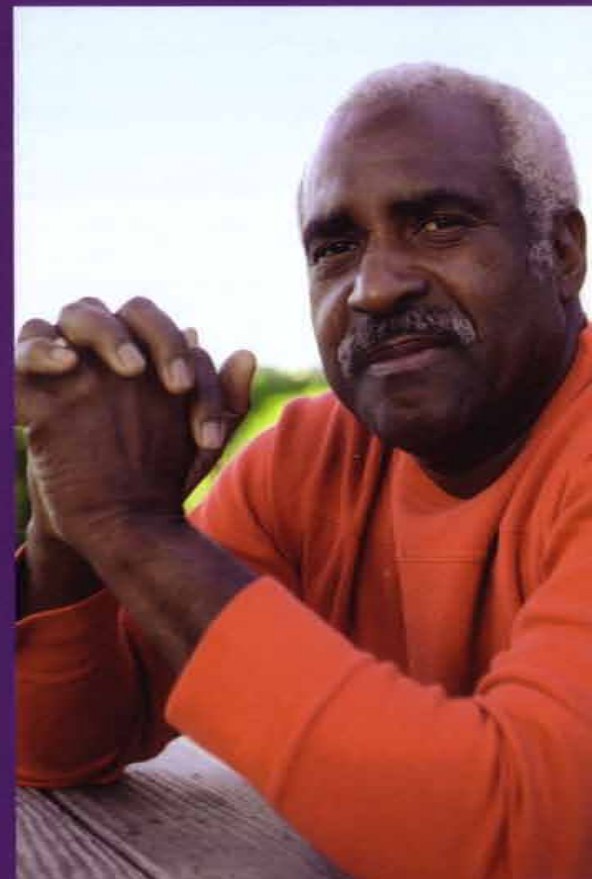
85 Seymour Street, Suite 304, Hartford, CT 06106
1-866-358-0888

2-1-1

For more information on Prostate Cancer or help finding health insurance, support groups and many other services, dial "2-1-1" on your telephone, free from anywhere in Connecticut, or contact us on the internet at www.211info.org. Available 24 hours a day, every day of the year.

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Get the facts on Prostate Cancer



And decide if screening is right for you

Are you at risk for prostate cancer?

- Are you an African American man?
- Are you over the age of 45?
- Do you have a family history of prostate cancer?

If you answered "Yes" to any of these questions, you may be at higher risk of developing prostate cancer than other American men.

African American men have the highest prostate cancer occurrence rates in the world. About 5 in 100 African American men will eventually die of prostate cancer compared to about 3 in 100 White or Hispanic/Latino men. For unknown reasons, the prostate cancer that affects African American men seems to be a more aggressive cancer than found in other Americans.

Many medical professionals believe that early detection can lead to a high chance of a cure. But prostate cancer is unique because it is usually slow-growing. So even if a man has prostate cancer, it might never cause harm even if left untreated.

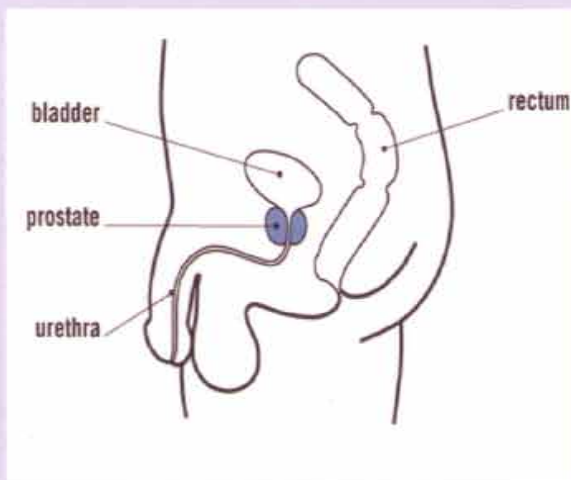
Deciding whether or not to be screened for prostate cancer is a choice you can make together with your doctor.

Prostate cancer affects more than 235,000 men in the USA every year.*

*American Cancer Society, Surveillance Research, 2006

Basic Information about your prostate gland

The prostate is a walnut-sized gland located beneath your bladder and in front of your rectum. It helps make some of the fluid released when a man has sex.



Does prostate cancer have symptoms?

Many men do not experience any signs or symptoms. The only way to find out if you have prostate cancer is to see your doctor. There are two screening tests that can be done to detect prostate cancer, but only a biopsy can tell for sure whether prostate cancer is really there.

Connecticut will see over 1200 African American men diagnosed with prostate cancer in the year 2006.

Tests for prostate cancer

- **PSA (Prostate-Specific Antigen) Test:**
This is a blood test that measures proteins made by the prostate. A high PSA level can mean cancer is present or it can mean other conditions that are not cancer are present. For most men, a PSA greater than 4, or one that has risen rapidly since the last test, requires further testing. Age and benign prostate disease can also influence these numbers, so not all abnormalities mean that cancer is present.
- **DRE (Digital Rectal Exam):**
This is a physical exam which allows a doctor to estimate the size of the prostate and to check for lumps or other abnormal areas. This is done by inserting a gloved and lubricated finger into the rectum.

Sometimes, doctors use both tests together to check for prostate cancer. It is important to note that both of these tests cannot tell for sure if you have cancer. They can only suggest the need for further tests such as a biopsy.

What if I have prostate cancer?

Treatment for prostate cancer is a decision you will make with the help of your doctor. There are 3 main treatments which can be considered. For early prostate cancer, treatment choices are: active surveillance (close observation), surgery, or radiation. For cancers that are more advanced or appear to be more aggressive, treatments also include hormone therapy and chemotherapy. Treatment-related side effects, like problems with sex, urine, and bowel functions, are fairly common.