

## **Prostate Cancer**

“Prostate healthy = heart healthy = life healthy”

### **Origins**

Occurs when the cells of the prostate begin to grow uncontrollably.

### **Detection**

The purpose of screening for cancer is to detect the cancer at its earliest stages, before any symptoms have developed.

Screening for prostate cancer can be performed quickly and easily in a physician’s office using two tests: the PSA (prostate-specific antigen) blood test, and the digital rectal exam (DRE).

The American Cancer Society recommends that both the PSA and DRE should be offered annually, beginning at age 50, to men who have at least a 10-year life expectancy. Although the DRE and PSA tests cannot diagnose prostate cancer, they can signal the need for a biopsy to examine the prostate cells and determine whether they are cancerous.

Men at high risk, such as African American men and men with a strong family history of one or more first-degree relatives diagnosed at an early age, should begin testing at age 45.

Source: *Prostate Cancer Foundation*  
<http://www.prostatecancerfoundation.org/>