

# PROSTATE CANCER

## Risk factors and warning signs



### Risk factors

- Age 55 or older
- African-American
- A family history of prostate cancer
- Hereditary cancer syndromes like Lynch syndrome or mutations of the BRCA1 and BRCA2 genes
- A high-fat diet, particularly animal fats

### Warning signs

- Frequent urination
- Difficulty when starting to urinate or trying to hold it back
- Not being able to urinate
- Weak or interrupted urine flow
- Blood in the urine
- Difficulty having an erection
- Blood in the semen
- Frequent pain or stiffness in the lower back, hips or upper thighs

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Having one or more of these warning signs does not mean you have cancer.

Talk to your doctor if you notice anything unusual or think you may be more likely to get prostate cancer.

# PROSTATE CANCER

## Should you be tested?

**Beginning at age 45**, speak with your doctor about the benefits and risks of **prostate screening**.

### Questions to ask your doctor

- What is my risk for prostate cancer?
- What are the benefits and risks of prostate cancer screening?
- How accurate are prostate screening tests?
- What should I do if prostate cancer is found?

### If you choose prostate cancer screening:

- Get a baseline PSA test
- Strongly consider a baseline digital rectal exam
- Continue testing as indicated by your previous test results

If you are age 75 or older, your doctor can help you decide if you should continue screening.

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

**Appointments available • 713-745-8040**

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