

# Be Prostate Aware



This year, nearly 300,000 men will learn they have prostate cancer.\* Learn who's at risk and what to do about it.

## Determine Your Risk

Prostate cancer can affect any man, though certain factors increase your risk.

### Age

After you turn 50, your risk increases. Nearly 60% of cases occur after age 65.\*

### Ethnicity

Prostate cancer affects more men—including younger men—of African ancestry.

### Genes

Genetic mutations can make you more likely to have prostate cancer. A family history of prostate cancer also ups your risk.

Source: \*American Cancer Society



## Check and Detect

Diagnosis relies on the following:

### Symptoms

Tell your healthcare provider if you experience lower back pain, a weak urine stream and pain when ejaculating.

### Screenings

Digital rectal exams and prostate-specific antigen tests can identify abnormalities in your prostate and blood.

### Biopsy

For a definitive diagnosis of prostate cancer, a provider must remove and evaluate a sample of prostate tissue.



## Take Action

Treatment options depend on the stage of cancer and your preferences.



### Active surveillance.

Instead of starting treatment, you monitor low-risk prostate cancer. If it progresses, you start treatment.



### Traditional treatment.

Standard treatment includes surgery to remove the prostate and radiation therapy to destroy cancerous cells.



### Focal therapy.

Advanced treatment options destroy cancerous cells through cold, heat or electrical pulses.

Find a provider to discuss prostate cancer screening options:  
[weillcornell.org/doctors](http://weillcornell.org/doctors)