

PROSTATE CANCER BRIEF



All men are at risk, but it is more common in older men. It is also more likely to occur in men with family history of prostate cancer and in men of African-American descent.

ABOUT

1 IN 8 
WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME



IN THE U.S.

299,010

men will be diagnosed with prostate cancer in 2024

35,250

men are estimated to die of prostate cancer in 2024

PROSTATE CANCER IS THE 2ND LEADING CAUSE OF CANCER DEATHS AMONG MEN IN LOUISIANA.

RISK FACTORS INCLUDE:



BEING OVERWEIGHT



NOT ENOUGH EXERCISE



SMOKING

GET SCREENED ANNUALLY

Especially African American men and men with increased risk due to family history.

40

Age of men at highest risk

45

Age of men at high risk

50

Age of men at average risk

70+

PSA-based screening for prostate cancer is not recommended for individuals

COMMONLY USED TESTS TO SCREEN FOR PROSTATE CANCER

PSA - PROSTATE SPECIFIC ANTIGEN | Measures levels of prostate-specific antigen (PSA) in the blood. PSA is a protein produced by the cells of the prostate.

DRE - DIGITAL RECTAL EXAMINATION | Can be utilized in conjunction with PSA testing. The prostate is palpated for abnormalities that are found in prostate cancer. Abnormal exams are more prevalent in men with higher PSAs.

HELPFUL TIPS

- EDUCATE men where they are – gyms, barbershops, sporting events, clubs/fraternities, etc.
- EMPOWER men to go to the doctor - establish care with a primary care provider (PCP) to become aware of necessary screenings.
- ELEVATE men to advocate for their own health and inspire other men to encourage other men to be champions of their own health.
- PROMOTE RECOMMENDATIONS: Men should talk to their doctor about prostate cancer screenings to get informed and decide which test is best for them. Men at higher risk should talk with a doctor about testing options at age 40.

