



# WHAT IS PROSTATE CANCER?

- Cancer is a disease in which cells in the body grow out of control.
- Prostate cancer begins when cells in the prostate gland start to grow out of control.

## Who gets prostate cancer?

- Men get prostate cancer.
- Older men and men who have a family history of prostate cancer have a greater risk for developing prostate cancer.

## What are the symptoms?

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that does not go away.
- Painful ejaculation.

## Can prostate cancer be found early?

Prostate cancer can often be found early by testing for prostate-specific antigen (PSA) or a digital rectal exam.

## Who should get tested?

Men who have a family history of prostate, breast, ovarian or pancreatic cancers should discuss screening with their doctor starting at age 40.

## What tests are available?

Talk to your doctor about which test is right for you.

- Prostate-specific antigen blood test measures the level of PSA in the blood.
- Digital rectal examination is when a health care provider check the prostate for anything abnormal, such as cancer.

**If you are 55-69 years old, you should talk to your health care provider or call your local IHS, tribal or urban Indian health clinic.**

