



# ask the DOCTOR

**ZERO**<sup>®</sup>  
PROSTATE CANCER



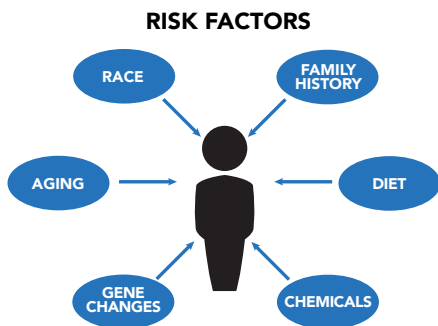
## Prostate Cancer Screening for High-Risk Men

### Are You High Risk?

All men are at risk of developing prostate cancer at some time in their lives. However, you may be at increased risk if you:

- Have a family history of prostate, breast, colorectal, or ovarian cancer
- Are African-American
- Are a Veteran

Falling into one or more of these categories could increase your risk of developing prostate cancer or being diagnosed with more aggressive disease. Knowing your risk could help you detect prostate cancer in its earliest stages. Most men should begin discussing prostate cancer screening with their doctor at the age of 45, but those at higher risk should begin having those conversations at the age of 40.



### Family History

Knowing your family history of prostate cancer and other cancers can help determine your risk since some genetic mutations for cancers overlap. Some families, and even some cultures, find it difficult to discuss health and cancer history. However, these conversations are important and may help save lives. Having these conversations can often deepen family bonds and bring everyone closer.

### Genetic Testing

Genetic testing can be broken down into two types: germline and somatic. Germline testing focuses on finding inherited gene mutations in every cell of the body while somatic testing identifies mutations that only exist in the tumor.

| Germline Testing   | Somatic Testing   |
|--|---|
| <ul style="list-style-type: none"> <li>• Conducted on blood or saliva</li> <li>• Identifies inherited gene mutations present in every cell of the body</li> <li>• Provides eligibility for targeted therapies if cancer progresses</li> <li>• Provides risk of additional cancers</li> <li>• Offers information regarding family member's risk of developing cancer</li> </ul> | <ul style="list-style-type: none"> <li>• Conducted on tissue or circulating tumor DNA in the blood</li> <li>• Identifies gene mutations that exist only in the tumor</li> <li>• Provides eligibility for targeted therapies if cancer progresses</li> </ul> |

Talk to your healthcare provider or a genetic counselor about the pros and cons of genetic testing. Genetic testing is not for everyone, but learning more can help you make the best decisions for you and your family.

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