



PROSTATE CANCER **QUICK FACTS**



What is prostate cancer?

Prostate cancer occurs when prostate cells stop behaving normally. Normal cells grow, divide, and die on a regular basis. Sometimes, something goes wrong with this process, and the cells don't die as they should. Instead, they create a growth or tumor.



Who is at risk of having prostate cancer?

Anyone born with a prostate is at risk of developing prostate cancer. However, some men are at more risk than others. Risk factors include:

- **Age:** Men age 50 or older have a higher risk of prostate cancer.
- **Race:** Black men are about 70% more likely to be diagnosed with prostate cancer than White men, and more than twice as likely to die from the disease.
- **Family History:** Men with a first-degree relative (father, brother, or son) diagnosed with prostate cancer have a 2 to 3 times higher risk of developing the disease compared to the general population.
- **Gene Mutations:** Men with certain genetic mutations, such as in the BRCA1 or BRCA2 genes, have a higher risk.
- **Military Service:** Military personnel are about two times as likely to be diagnosed with prostate cancer as the general public. Studies show Veterans with environmental exposure to Agent Orange and burn pits have a higher occurrence of prostate cancer.



What lifestyle factors may increase prostate cancer risk?

Maintaining a healthy lifestyle may help reduce the risk of prostate cancer. **Studies have shown that diets high in saturated fats, processed meats, and dairy products may be associated with a higher risk of prostate cancer.**

1-in-8 men will be diagnosed with prostate cancer during his lifetime.



Are you more likely to get prostate cancer the older you get?

Age is a significant risk factor for prostate cancer, with the likelihood of developing the disease increasing as men grow older. According to the American Cancer Society, about 60% of all prostate cancer cases are diagnosed in men aged 65 or older.



How do you get screened for prostate cancer?

Routine prostate cancer screening starts with a PSA blood test. A Prostate-Specific Antigen (PSA) blood test measures the level of PSA in the blood. A higher PSA level may be an indicator of prostate cancer. Your doctor may choose to do a physical exam, as well.



What is a normal PSA level?

There isn't a specific "normal" PSA score. However, the higher someone's PSA level, the likelier it is that prostate cancer is present. Your PSA score is influenced by several factors, including age, recent activities, medications, and other conditions that affect prostate health.

In general, a PSA level above 4.0 ng/mL is considered abnormal. Because PSA levels increase with age, some doctors apply a higher cutoff for older men and a lower cutoff for younger men.

A lower cutoff may be used in men taking certain drugs like finasteride and dutasteride, which are used to treat an enlarged prostate. These drugs lower the PSA level.



How early should prostate cancer screening begin?

Everyone born with a prostate should understand their personal prostate cancer risk and when to get a baseline PSA blood test. Men at higher risk – Black/African Americans, military personnel/Veterans, and those with a family history of cancer – should discuss PSA testing with their doctor at age 40. Other men should discuss PSA testing with their doctor at age 45.

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Why is early detection of prostate cancer important?

Detecting prostate cancer earlier, before it has spread, means patients have better treatment options and outcomes. The 5-year survival rate for prostate cancer caught at an early stage is more than 99%. The 5-year survival rate for metastatic prostate cancer (spread to distant parts of the body) drops to 37%.



What is a Gleason score?

The Gleason score is used to estimate how aggressive the cancer may be — if and how quickly the tumor may grow and spread. The score is determined by looking at the tumor cells from the biopsy under a microscope.

The Gleason score usually ranges from 6 to 10. A lower score indicates the prostate cancer is likely to grow slowly, while a higher score indicates more aggressive disease.



What are the symptoms of prostate cancer?

In the early stages of prostate cancer, there are usually no noticeable symptoms. When prostate cancer spreads outside of the prostate, some symptoms may include:

- **Sudden, unexpected weight loss**
- **Nagging pain in the back, hips, genitals, or pelvis**
- **Pain in lymph nodes throughout the body**
- **Blood in the urine and semen**

These symptoms may be caused by other factors, so it's important to talk to your doctor.



What are common prostate cancer treatment side effects?

Side effects are a large part of a prostate cancer diagnosis and many times are the most worrying aspect of prostate cancer. **Erectile dysfunction (ED) and incontinence are two common side effects** many men receiving prostate cancer treatment such as surgery and radiation will experience. These potential changes can impact self esteem and personal relationships. Before deciding on a treatment, talk with your doctor and learn about possible side effects and how you will work together to manage them.



How is early-stage prostate cancer treated?

Treatment options vary for early-stage prostate cancer based on whether it is considered low, intermediate, or high risk. Approximately 40–50% of newly diagnosed prostate cancers are classified as low-risk. Active surveillance, which is a strategy that monitors the disease for progression but avoids immediate treatment, is an option for these men. Additional options for early-stage prostate cancer patients who opt for treatment include surgery, radiation, and/or focal therapy. Some high-risk patients may be advised to take hormone therapy as an additional treatment.



What is metastatic prostate cancer?

Metastatic prostate cancer occurs when cancer cells spread from the prostate to distant lymph nodes or organs, often to bones, liver, or lungs.



How is metastatic prostate cancer treated?

There are many more treatment options available for men diagnosed with metastatic prostate cancer than there were years ago. **Treatment options include hormone therapy, chemotherapy, immunotherapy, PARP inhibitors, radiation, and radiopharmaceuticals.**



How often are men getting diagnosed with prostate cancer? How often do men die from prostate cancer?

A man is diagnosed with prostate cancer every 2 minutes. A man dies from prostate cancer every 15 minutes.



What age is it safe to end regular PSA testing?

Prostate cancer screening guidelines vary regarding the age at which men should consider beginning and ending PSA testing. **Most guidelines suggest men aged 70+ don't need regular PSA testing.** Talk with your doctor about what makes sense for you.

313,780 new cases of prostate cancer are expected to be diagnosed in 2025

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