

# Prostate Cancer Quick Facts



## What is prostate cancer?

Prostate cancer happens when some cells in the prostate grow too much and don't stop. These cells can make a lump called a tumor.



## Who can get prostate cancer?

Anyone born with a prostate can get prostate cancer. Some people have a higher chance of getting it:

- **Older men:** Most cases happen in men 65 and older
- **Black men:** Black men get prostate cancer more often than other men
- **Family history:** If you have cancer in your family you may have a higher risk
- **Gene changes:** Some people are born with genes that raise their risk
- **Veterans:** Military members exposed to toxic chemicals have a higher risk



## How do you check for prostate cancer?

Health care providers use a blood test called a PSA test. PSA stands for Prostate-Specific Antigen. This test checks for PSA, a protein from your prostate. A high number might mean cancer.



## When should you get tested?

- Men at higher risk (Black men, Veterans with chemical exposure, family history): Talk to your provider about testing starting at age 40
- Other men: Talk to your provider about testing starting at age 45



## What are the signs of prostate cancer?

Early prostate cancer usually has no signs. This is why screening is so important. If you have signs that worry you, talk to a provider.



## What is a Gleason score?

For patients with prostate cancer, this score tells doctors how fast the cancer might grow.

- The score goes from 6 to 10
- Lower score (6): Cancer grows more slowly
- Higher score (10): Cancer grows fast



## How is early cancer treated?

Doctors look at how risky the cancer is. Then they work with you to pick the best care:

- **Active Surveillance:** For slow-growing cancer. Your doctor watches the cancer closely
- **Surgery:** Removes the prostate
- **Radiation:** Uses strong rays to kill cancer cells
- **Hormone therapy:** For more serious cases. Lowers hormones that help cancer grow

Common problems after treatment are sexual problems and leaking urine. Talk to your doctor about these and other **side effects** before you pick a treatment.



## What if cancer spreads?

When cancer spreads to other body parts, it's called metastatic cancer. Doctors still have many ways to treat it:

- **Hormone therapy:** Medicine that lowers hormones that help cancer grow
- **Chemotherapy:** Strong drugs that kill cancer cells all over
- **Immunotherapy:** Helps your body's immune system fight the cancer
- **Radiation:** Uses strong rays to kill cancer cells
- **Targeted drugs:** Medicines that attack cancer cells with certain gene changes or proteins like PSMA to stop them from growing