

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 help patients with certain genes or proteins