

WHAT YOU SHOULD KNOW PROSTATE CANCER

In the Clinic
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What Is Prostate Cancer?

Prostate cancer starts in a man's prostate gland, a small gland below the bladder and is one of the most common types of cancer in adult men. You may be at higher risk for if you:

- Are an older man
- Have a family history of prostate cancer
- Are African American

Screening

Screening means looking for cancer before any symptoms arise. It can lead to early detection and treatment of prostate cancer, which may reduce some illnesses and deaths; however, screening tests can also cause harms from unnecessary treatment. In some cases, finding prostate cancer early through screening may not help you live longer than if the cancer was found later. If you decide to be screened, the following tests may be used:

- A prostate-specific antigen (PSA) test. This is a blood test. If your PSA levels are high, it may mean you have prostate cancer.
- A digital rectal examination. This is when your doctor inserts a gloved finger into your rectum to check for lumps or tissue that feels abnormal. Since it can be difficult for your doctor to feel what is abnormal, this test is usually not helpful.

Screening is not recommended for men younger than 50 years with no family history of prostate cancer or men older than 69 years. It's important to speak with your doctor about screening so that you can make a decision that's right for you.

What Are the Warning Signs?

Symptoms of prostate cancer can be different for everyone. Some men don't have any symptoms, and many are the same as those of other conditions. The most common symptoms are:

- Trouble urinating
- Weak or stopped flow of urine
- Frequent urination, especially at night
- Pain or burning during urination
- Blood in the urine or semen
- Pain in the back, hips, or pelvis that won't go away
- Painful ejaculation

How Is Prostate Cancer Diagnosed?

If screening suggests prostate cancer, more tests can be done. This may include a biopsy. During a biopsy, a small piece of tissue will be removed from your prostate and looked at under a microscope to check for cancer cells. Your doctor may also use an ultrasound or an MRI to take a closer look at your prostate.

How Is It Treated?

Your treatment will depend on how far along your cancer is. There are many options for treatment that can



have serious risks. It's important to talk with your doctor about your options and weigh all your choices. This will help you make the best decision possible. Treatment options can include:

- Keeping a close watch on your symptoms and waiting to start treatment. This option can be useful for men with early-stage cancer that may be slow-growing.
- Surgery to remove the cancer.
- Radiation to eliminate the cancer.

Questions For My Doctor

- Am I at risk?
- Are there ways to prevent prostate cancer?
- Should I be screened?
- What will happen if I don't get screened?
- Which treatment option is best for me?
- What are the risks of different treatments?
- What will happen if I don't get treatment?

Bottom Line

- Prostate cancer is cancer that starts in the prostate gland. It is one of the most common types of cancer in adult men.
- It may cause no symptoms. When symptoms are present they may include problems urinating, pain in the bones, and painful ejaculation.
- It's important to speak with your doctor about your screening options.
- Diagnosis may include a biopsy to check for cancer cells.
- Treatment depends on how far along your cancer is and can include watching your symptoms, surgery, and radiation.

For More Information



Centers for Disease Control and Prevention

www.cdc.gov/cancer/prostate/

Medline

<https://www.nlm.nih.gov/medlineplus/prostatecancer.html>

National Cancer Institute

www.cancer.gov/types/prostate