

Screening for Prostate Cancer: A Personalized Approach

Deciding to screen for prostate cancer should be a choice made in consultation with your healthcare provider.

Prostate cancer can manifest with different levels of aggressiveness, which means treatment approaches may vary or even be unnecessary.

If you have been diagnosed with prostate cancer or have recently received an elevated PSA level, consider asking your provider the following questions:

- How likely is my cancer to cause problems if I am not treated right away?
- Should I consider 'Active Surveillance' as an option?
- If I choose to be treated, what options are available for me?
- If I choose treatment, how will my daily life be affected?
- If I choose treatment, what are the chances I will experience urinary, rectal or impotence issues? What can be done to reduce those issues from occurring?
- Am I eligible for a clinical trial?

Resources:

In need of a urologist? The resources below can help you navigate screening questions, treatment options and some resources offer financial assistance

Johns Hopkins - Schaufeld Program

<https://www.hopkinsmedicine.org/brady-urology-institute>
• 410-955-6100

American Urological Association Foundation

<http://www.urologyhealth.org/>
• 410-689-3700

University of Maryland Greenebaum Cancer Center

<https://www.umms.org/ummc/health-services/prostate/services/cancer>
• 410-328-0800

For More Information:
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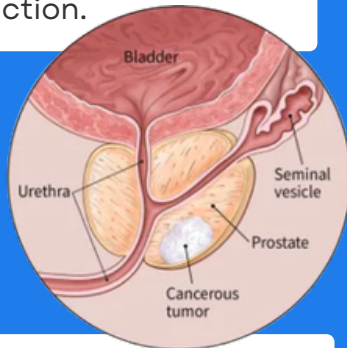
Protect, Prevent, Prevail

Take Charge of Your Prostate Health



What is the Prostate?

The prostate is a walnut shaped gland located just below the bladder, in front of the rectum. It is responsible for urinary flow, production of seminal fluid, ejaculation and aids in hormone function.



What is Prostate Cancer?

Prostate cancer is the overgrowth of cells that begin in the prostate.

Signs & Symptoms

- Difficulty starting urination
- Weak or interrupted urine flow
- Frequent urination, especially at night
- Pain during urination or ejaculation
- Blood in the urine or semen
- Persistent pain in back, hips or pelvis

Source: American Cancer Society

What are the risk factors?

A risk factor is anything that increases your chances of getting a disease.

Older Age

Risk increases after age 50

Race/Ethnicity

Men of color are at higher risk and usually develop the disease younger.

Family History

The risk is higher for those who have a brother diagnosed. Gene variants like BRCA1 or BRCA2 (usually seen in breast cancer) can also increase the risk of developing prostate cancer.

Obesity

While obesity itself does not increase risk, some studies have shown that obese men are at risk for more aggressive cancer types.

Smoking

While studies have not shown that smoking increases getting prostate cancer, they have shown that smokers are at an increased risk of dying from prostate cancer.

Risk Reduction

Remember that one can have risk factors and still not develop cancer OR have no risk factors and develop cancer



The best way to reduce your prostate cancer risk is a healthy lifestyle. Stay active, eat balanced meals and maintain a healthy weight.

Screening

Screening for prostate cancer should be an informed decision made between you and your provider beginning at age 45 for low risk patients.

If you have a family history screening may begin sooner. Talk to your doctor about when you should begin screening.



Prostate Specific Antigen

Prostate Specific Antigen or PSA is a protein made by the cells of the prostate and can be detected in the blood. When the PSA level increases it can potentially indicate cancer.

PSA Level Chart

- below 4 = normal
- 4-10 = borderline (~25% of cancer)
- greater than 10 = high chance of cancer

This chart is for informational purposes only. Please discuss PSA levels with your provider