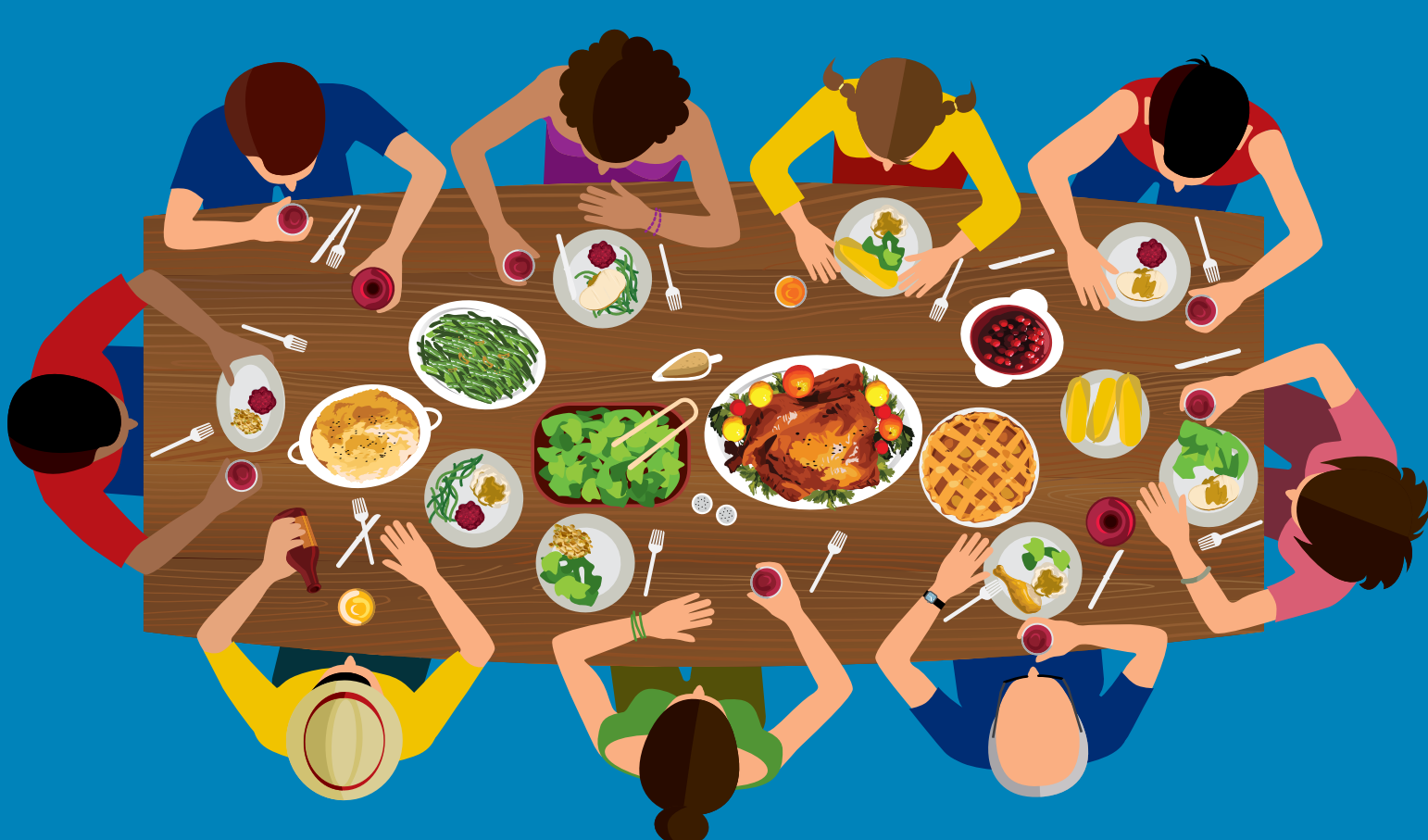


# Pass the family history, please.



**Prostate cancer** is the **2nd** most common cancer among men. Doctors recommend that most men get screened around 55, but some men should start even sooner.



## ARE YOU — OR THE MEN IN YOUR FAMILY — AT AN INCREASED RISK?



Your risk doubles if your **father or brother** had prostate cancer and goes up further if your uncle or grandfather also had it.



**African-American men** have the highest rate of prostate cancer and are twice as likely to die from it.



You may also be at risk if other cancers run in your family — especially **breast, colon or pancreatic cancers**, which have been linked to mutations in the **BRCA1 or BRCA2 genes**.

## WHAT CAN YOU DO?



**Ask your family** to share medical history so everyone makes smarter screening decisions.



**Eat more fruits and vegetables** — and less red meat — to help reduce your risk.



**Talk to your doctor** about screening options if you are in a high-risk group.



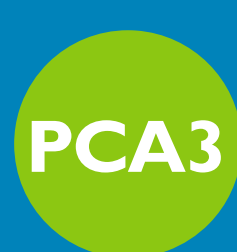
## SCREENING TESTS YOUR DOCTOR MAY RECOMMEND:



**Prostate-Specific Antigen Test** measures a protein in your blood. Higher levels of PSA are associated with prostate cancer.



**Prostate Health Index** uses PSA and two PSA-related markers that help estimate your risk of prostate cancer.



**PCA3 test** looks for PCA3, a prostate cancer-related gene that is elevated in the urine of men with prostate cancer.

## QUESTIONS TO ASK THE MEN IN YOUR LIFE:



Have you **ever been screened** for prostate cancer?



What were your **PSA** scores?



Did your **father** have high **PSA** levels when he was your age?



Were any of your **relatives** **diagnosed** with cancer?

