

FAST FACTS

What causes Prostate cancer?

As with many types of cancers, medical experts do not know what causes prostate cancer. They do know that certain risk factors are linked to the disease. The chance of getting prostate cancer goes up as a man gets older. About 2 out of every 3 prostate cancers are found in men over the age of 65. If someone has a family history of prostate cancer they have a higher risk of getting the disease.

Can prostate cancer be prevented?

Medical experts do not know how to prevent prostate cancer. They do know that not smoking, eating a healthy diet, staying physically active, and seeing your doctor may reduce someone's risk for prostate cancer.

Are African American men at increased risk for prostate cancer?

Yes. Though all men are at risk, African American men have higher rates of getting and dying from prostate cancer than men of other racial or ethnic groups in the United States.

What is the lifetime risk of prostate cancer in African American men?

An African American man in his lifetime has about a 1-in-5 chance of being diagnosed with prostate cancer. Prostate cancer is the fourth leading cause of death among African American men over age 45. Every 100 minutes, an African American male dies from prostate cancer.

What are the symptoms of prostate cancer?

Many men with prostate cancer have no symptoms. If symptoms appear, they can include:

- Blood in the urine
- Loss of appetite and weight
- The need to urinate frequently, especially at night
- Weak or interrupted urine flow
- Pain or burning feeling while urinating
- The inability to urinate
- Painful ejaculation
- Constant pain the lower back, pelvis, or upper thighs



What is does prostate "screening" mean?

Screening means looking for signs of disease in people who have no symptoms.

Is there a screening for Prostate Cancer?

Yes, there is! A PSA (Prostate Specific Antigen) test can be done with a simple blood draw. This test will tell you if a problem is present.

Where can I get a PSA test?

A PSA test can be obtained by your family physician. Also the Champaign-Urbana Public Health District will be offering a Free Men's Clinic every Monday from 4pm to 5:30pm.