



Can Prostate Cancer Testing Benefit You?

Knowing your risk for prostate cancer can help you decide if testing (also called screening) is the best choice for you.

What is Your Chance of Developing Prostate Cancer?

Check each box that applies to you.

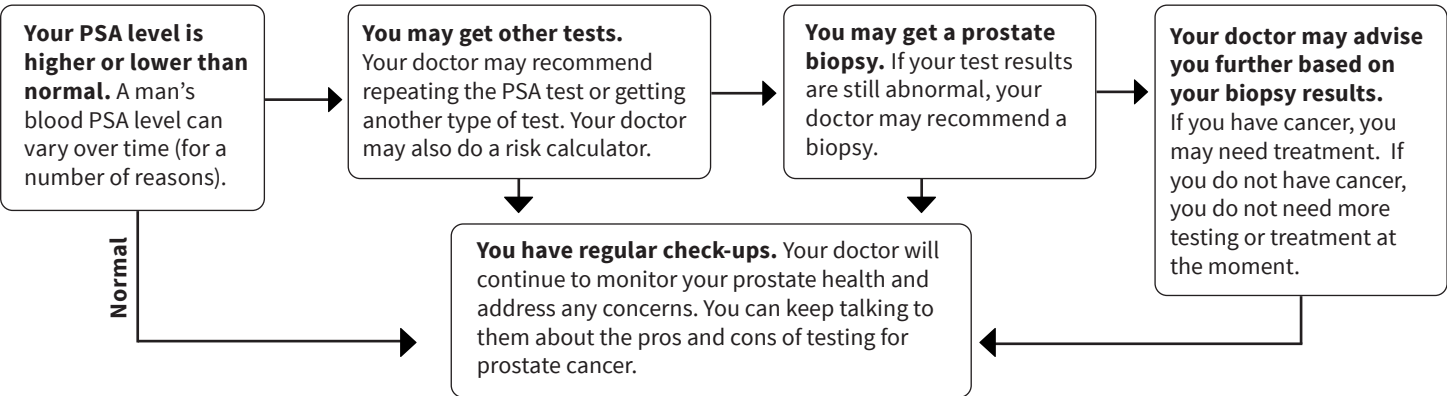
- Your age is 50 years or older
- You are African American
- Your father or brother had prostate cancer before the age of 65

If you checked **any** of the boxes, you have a higher chance of prostate cancer and talking with your doctor about testing may benefit you.

What Do You Need to Know About Testing?

	A blood test is needed.	One way of screening for prostate cancer is a prostate-specific antigen, or PSA, test. Similar to how an A1C test measures your blood sugar level, a PSA test measures how much of the PSA protein is in your blood.
	Other tests are available.	Other tests can look for prostate cancer in combination with a PSA test, like a digital rectal exam or an imaging test of the prostate gland.
	The PSA test cannot tell for certain if you have cancer.	Testing can only find clues about your chance of having prostate cancer. For example, your chance of having prostate cancer goes up as your PSA level goes up. Still, having a high PSA level does NOT always mean that you have prostate cancer.

What Happens After PSA Testing?



How Can You Make the Decision?

You **decide** if testing is right for you.

These steps can help you make a testing decision. Mark each box as you complete a step.

1. Learn the benefits and limitations of prostate cancer testing.


Benefits	Limitations
<ul style="list-style-type: none">✓ Testing may find an early prostate cancer when it is small.✓ If it is found early, there is a better chance of being treated and cured.✓ Getting tested may give you peace of mind.	<ul style="list-style-type: none">X Testing may lead to worry about the results.X Testing may have costs, based on your insurance coverage.X Testing may find a cancer that might never have caused problems or caused death.X Testing may require treatment, which may have side effects with other outcomes to consider.


2. Think about how testing and the steps afterward fit with your personal needs and values. Start by asking yourself the following question:

How important is it to know as much as you can about your health status as soon as possible?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1 = Not at all important	2 = A little important	3 = Not sure	4 = Important	5 = Very important

3. Talk with your doctor—they want to hear from you and help you decide. Ask questions like:

- What is prostate cancer? How serious is it?
- What is my overall risk?
- If I get tested today, how soon will I know the results?
- Will testing have costs?
- Will I need a follow-up appointment after testing?

 **Remember it's your choice to get screened.** It is important to get regular check-ups and keep talking with your doctor. This will allow your doctor to continue to monitor your health.

 **Remember to share any new symptoms with your doctor.** It is important to share symptoms such as having blood in your urine or trouble going to the bathroom with your doctor.



Visit cancer.org to learn more about prostate cancer screening.