

PROSTATE CANCER SCREENING TIPS CHECKLIST

An [ACT]IVATED patient is informed, empowered, and engaged in their care.

- Consider your individual risk factors, preferences and potential benefits**
- Understand PSA testing**
 - **What is PSA?:** Prostate-specific antigen (PSA) is a protein produced by both cancerous and noncancerous prostate tissue.
 - **PSA levels:** Elevated PSA levels may indicate prostate cancer. Factors like age, prostate size, and medication use affect PSA measurements.
 - **Digital rectal exam (DRE):** Sometimes combined with PSA testing to feel the prostate for abnormalities.
- Discuss pros and cons about screening with your loved ones & healthcare provider**
 - **Pros:** early detection, effective treatment when caught early
 - **Cons:** false positives and unnecessary biopsies; overdiagnosis and overtreatment
- Make decision and determine when to revisit decision/discuss retesting.

[Source, Source]

PROSTATE CANCER RISK FACTORS

- **Age:** As you get older, your risk of prostate cancer increases. After age 50, your chance of having prostate cancer is greater.
- **Race:** Black men have a higher risk of developing and dying from prostate cancer.
- **Family history:** If a family member (father, uncle, or brother) was diagnosed with prostate cancer before age 65, your risk is higher.
- **Inherited gene mutations:** Consider genetic testing if you have a strong family history of cancer or if a blood relative has been diagnosed with a gene mutation.

[Source]

RESOURCES

- [ACCC](#)
- [CancerCare](#)
- [Cancer Grace](#)
- [Family Reach](#)
- [Lazarex Cancer Foundation](#)
- [American Cancer Foundation](#)
- [NCI](#)
- [Prostate Health Education Network](#)
- [ZERO Prostate Cancer](#)
- [NASPCC](#)
- [Prostate Cancer Foundation](#)
- [Prostate Cancer Research Institute](#)

PROSTATE CANCER EXPERT TIPS

[ACT]IVATION TIP: "Be informed on what the best current practices are. Understand that simply getting a blood test that you can add on to your standard routine physical examination and visit with your primary care doctor starting at age 40, could significantly increase your chances of having your cancer detected early when it is curable." - Dr. Yaw Nyame

[ACT]IVATION TIP: "We need to increase the awareness that screening is important. There have been some unfortunate national guidelines that recommend against screening and a lot of debate about whether screening is good or bad. It actually has led to some physicians and patients to really be doubtful about prostate cancer screening. Make sure you understand that prostate cancer screening, early detection is important." - Dr. Ronald Chen

[ACT]IVATION TIP: "You can be well-informed to make a decision that suits you. Have conversations with your doctor to understand whether testing is appropriate for you and when and how to pursue testing to be screened for prostate cancer." - Dr. Yaw Nyame

[ACT]IVATION TIP: "Absolutely do not let the thought of 'the finger exam' as many of the men call it, be an impediment to being screened, because really what you need to catch your cancer early is a blood test. That is the PSA blood test. If your blood test is abnormal, then we require a rectal examination, which is called staging." - Dr. Yaw Nyame

[ACT]IVATION TIP: "Not all patients have the same outcome with advanced prostate cancer. We know for a fact that based on multiple studies, that Black patients with prostate cancer are more likely to die from prostate cancer twice as much as white patients with prostate cancer. We want to understand why, and once we understand why, we want to design interventions to reduce that gap, so then all patients have the same access and have good outcomes with this disease. I think that relates to access to screening, so we can diagnose cancer as early as we can." - Dr. Ronald Chen

[ACT]IVATION TIP: "Access to screening is so important because screening, to be able to catch a cancer as early as possible allows the highest chance for cure and the best outcome for the patient. Hosting free community screening events at a local church or hospital can make an impact." - Dr. Ronald Chen