

# Prostate Cancer

What men need to know about risk, screening and treatment.

The **most common cancer in men**, second only to non-melanoma skin cancer.

The **2<sup>nd</sup> leading cause of cancer death** in American men.

Projected to grow by **16%** from **2019 to 2029**.

**1 in 8** men



will be **diagnosed with prostate cancer**.

**1 in 41** men will die from it.



**6 in 10** cases are **diagnosed in men 65 or older**.



## Why is screening important?

**99%**

**five-year survival rate** (when cancer is localized)

**Prostate cancer is treatable.** Early detection is key.



**Many prostate cancers grow slowly.** If found early, it may need close monitoring, not treatment.

## When to **start** screening?

Talk to your doctor to decide:

- At age **50** (average risk)
- At age **45** (high risk, including Black men and father or brother diagnosed at early age)
- At age **40** (even higher risk, more than one first-degree relative diagnosed at early age)



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## screening tests:

### ➤ **PSA Screening Test**



A blood test that measures prostate specific antigens, which can be a sign of prostate cancer.

### ➤ **Digital Rectal Exam**



Your doctor inserts a gloved finger in the rectum and feels for anything abnormal.

**Ask your doctor if screening is right for you.**

## Sutter's Comprehensive Network of Services

Your **prostate cancer specialist** will help you choose the right treatment.



- **10 cancer centers.**
- Comprehensive **precision diagnostic services.**
- **Access to innovation:** 10 prostate cancer **clinical trials and research studies.**
- **State-of-the-art treatments**, including **minimally invasive robotic-assisted surgery**, tissue-preserving methods and advanced radiation.
- **Support services**, including **nurse navigation**, sexual and urinary recovery specialists, nutrition, genetic counseling, **cancer rehabilitation** and **survivorship programs.**

