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 2nd 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.

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

1 in 41 men will die from it.

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)

Ask your doctor if screening is right for you.

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.

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.

Sources: American Cancer Society, CDC, National Cancer Institute, National Institutes of Health.