Prostate Cancer Screening



Prostate Cancer Screening SAVES LIVES

Learn about prostate cancer risk factors

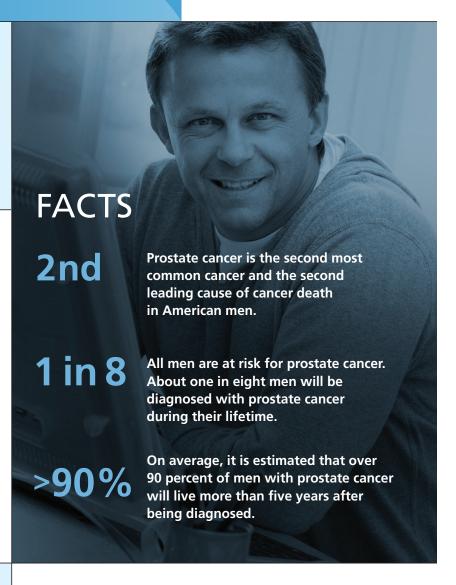
SCREENING - MEN

Age 55 to 69

Discuss the benefits and harms of screening for prostate cancer with your doctor. Your decision to have a screening should include consideration of your values and preferences.

Age 70 plus

A regular screening for prostate cancer is not necessary.



RISK FACTORS

AGE Your risk of prostate cancer increases with age, especially after 50.

RACE Prostate cancer occurs more frequently in African-American

men than men of other races.

FAMILY HISTORY If you have a father, brother or son with prostate cancer, your risk for prostate cancer is 2 to 3 times higher than average.

REDUCE YOUR RISK

There are things you can do that might lower your risk:

- TALK TO YOUR DOCTOR
- DO NOT SMOKE
- EAT FRUIT, VEGGIES AND WHOLE GRAINS
- BE PHYSICALLY ACTIVE
- STAY AT A HEALTHY WEIGHT

Learn more about prostate cancer risks, prevention and screening online at:

ProvidenceOregon.org/prostatecancerscreening 503-215-6014