

# Prostate Cancer Screening

## Who Should Be Screened for Prostate Cancer?

At age 50, men should speak with their doctor about whether testing for prostate cancer is right for them. If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with your doctor starting at age 45.

## How Do Prostate Cancer Screening Tests Work?

There are two common screening tests for prostate cancer.

- **Digital Rectal Exam (DRE):** a doctor or nurse will insert a gloved, lubricated finger into the rectum to feel the prostate. The examiner will be able to estimate the size of the prostate and feel for any lumps or abnormalities.
- **Prostate Specific Antigen Test (PSA):** This blood test measures the level of PSA -a substance made by the prostate- in the blood. Elevated levels may indicate a prostate problem, however other factors may also affect PSA levels.

Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. The American Cancer Society recommends that men **make an informed decision** with their doctor about whether to be tested for prostate cancer.

## Did You Know?

*Prostate cancer is the most common cancer in men, regardless of race or ethnicity.*



For more information, call City-County Health Department at 791-9272 or 452-0881 x308 or visit [www.cchdmt.org](http://www.cchdmt.org)