

What you need to know about prostate cancer



Canadian
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Did you know?

Prostate cancer is the most commonly diagnosed cancer among Canadian men.

The risk of developing prostate cancer increases with age. Most of the time it happens after age 50.

We're still trying to find out what causes prostate cancer. But we know these factors also increase your risk:

- **Black ethnicity (including African or Caribbean ancestry)**
- **having a family member, especially a father or brother, with prostate cancer**

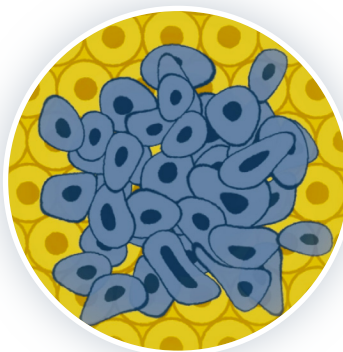
The bottom line is that **anyone with a prostate** can develop prostate cancer.



Symptoms of prostate cancer

There are often no symptoms of prostate cancer, especially in its early stages. As the cancer grows, some people may:

- have problems peeing
- experience painful ejaculation
- find blood in the pee or semen



If cancer spreads outside the prostate, symptoms can include:

- bone pain
- weight loss
- kidney problems

**When prostate cancer is caught early,
5-year survival is close to 100%.**

Tests for early detection and diagnosis

The good news is that there are simple tests that can help detect prostate cancer early, even without symptoms.

Prostate-specific antigen test (PSA)

- PSA is a protein made by the prostate. It shows up in the blood.
- Low levels of PSA in the blood are normal. Higher levels are a sign that there may be a problem with the prostate.
- It's important to talk to your doctor about the PSA test when you turn 50, or 45 if you're at higher risk.



Digital rectal exam (DRE)

- DRE is more commonly known as the “finger exam”.
- A doctor inserts a finger into the rectum to check the size and shape of the prostate and to feel for any lumps or abnormal areas.

Using these tests together is better than using either test alone. If the PSA test and DRE suggest there might be prostate cancer, your doctor may recommend a follow up PSA test or other tests.

The only way to know that it's prostate cancer is with a biopsy, a procedure where a needle takes small tissue samples to look for cancer cells. Imaging tests like MRI, CT scans or bone scans may be used to see where the cancer is and if it has spread.

We continue to discover more and better ways to diagnose and treat this disease. Because of better education, awareness, early detection and treatments, the death rate has been cut in half since the early 1990s.

What should you do next?

- ✓ If you have a prostate, speak to your doctor about your prostate health and early detection.
- ✓ Spread the message about the importance of early detection. It could save someone's life.
- ✓ For more information, support or resources go to cancer.ca or call 1-888-939-3333.



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