

**YOUR SCREENING
RECOMMENDATION**

**Discuss Screening
Options at Age 50**

The risk of developing prostate cancer goes up with age.

- When the time comes, knowing your prostate cancer risk factors may help you decide if you want screening.
- Prostate cancer often grows slowly. That's why men should only be offered routine screening if they have no symptoms of prostate cancer and a life expectancy of at least 10 years.

Knowing your prostate cancer risk factors may help you decide if you want screening. Your risk of developing PCa can also affect the type of screening you choose and how often you're screened.

Age

Prostate cancer (PCa) is rare in men younger than age 50. The chance of developing PCa goes up as men get older.

Ethnicity

PCa is more common among African-American men than Caucasian men. For reasons not fully understood, African-American men with PCa are more likely to die from the disease than white men with PCa.

Family History

PCa is caused by changes in certain genes. These gene changes (variants) usually happen by chance and aren't passed from parent to child. Most men who have a close relative with PCa will never develop the disease. But gene changes can run in families and increase prostate cancer risk.

Factors That Impact When to Discuss Screening*	You Reported
Age over 49	No
African-American ethnicity	No
Early prostate cancer in first degree relative(s)	No

About This Assessment

The results in this assessment are based on the American Cancer Society Recommendations for Prostate Cancer Early Detection.¹ These recommendations state that the decision to have tests to look for prostate cancer (screening) should be made only after men learn about the uncertainties, risks, and potential benefits of prostate cancer screening.

Reference

1. American Cancer Society. Recommendations for Prostate Cancer Early Detection. Updated 08/01/2019. Available at: <https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/acs-recommendations.html>. Accessed 7/20/2020.

Discussion Points

Discussing Prostate Cancer Screening

Deciding if prostate cancer screening is right for you can be difficult. That's why guidelines recommend that men discuss their prostate cancer (PCa) screening options with a health care professional. Some screening tests have risks, and you should know what they are.

There's no standard or routine screening test for prostate cancer. As men age, they should ask a health care professional about tests to screen for PCa, which include:

- Prostate-specific antigen (PSA) blood test
- Digital rectal exam (DRE)

Choosing Prostate Cancer Screening

Before having tests to look for prostate cancer (screening), all men should know that

1. The risk of dying of prostate cancer is about 4% over a lifetime on average.
2. No screening test is perfect. Some tests, like a digital rectal exam or DRE, will miss many early prostate cancers. Other tests, like a prostate-specific antigen test or PSA, may show that cancer is likely when there's no cancer.
3. About one-third of men who choose to have biopsies have mild to severe symptoms afterwards.

Sample Discussion Questions

If screening is positive for a prostate problem, what happens then?

Can a biopsy miss the diagnosis of prostate cancer?

Can any side effects from a biopsy affect a man's quality of life?

Are side effects usually temporary or permanent?

Write Your Own Questions Here

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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