

## Know the Facts

- About 4,500 men are diagnosed with prostate cancer in Washington State every year.
- Prostate cancer is the most common cancer in African American men.
- African American men are more likely to develop prostate cancer than men in any other racial group.

To learn more talk to your health care provider or visit one of the following websites:

- [www.cancer.gov](http://www.cancer.gov)
- [www.prostate-cancer.org](http://www.prostate-cancer.org)
- [www.ustoo.org](http://www.ustoo.org)

You can also call  
1-800-4-CANCER

*Take care of your health!*  
Talk to your health care provider about prostate cancer.

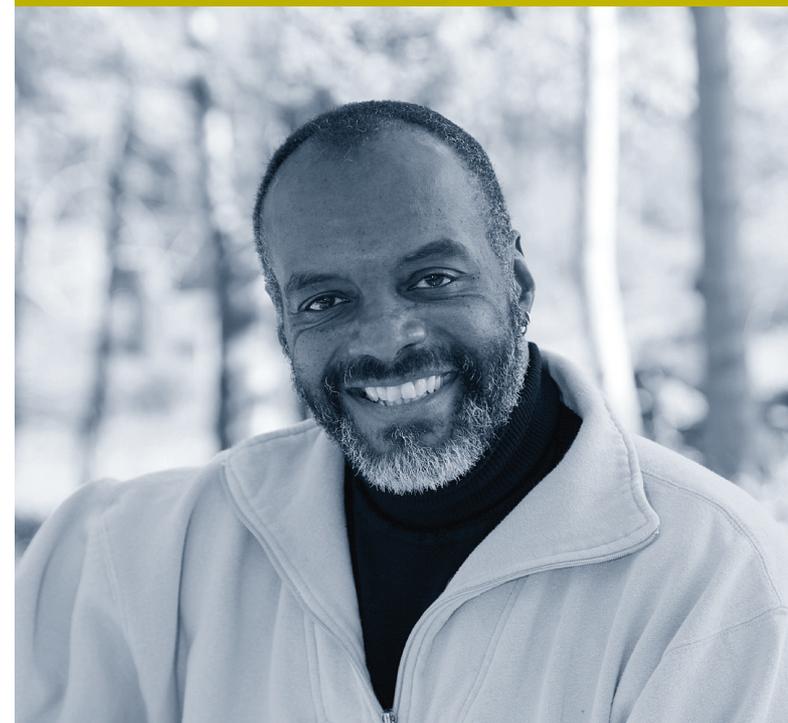


To learn more about the Washington Comprehensive Cancer Control Partnership, visit [www.doh.wa.gov/ccp](http://www.doh.wa.gov/ccp)

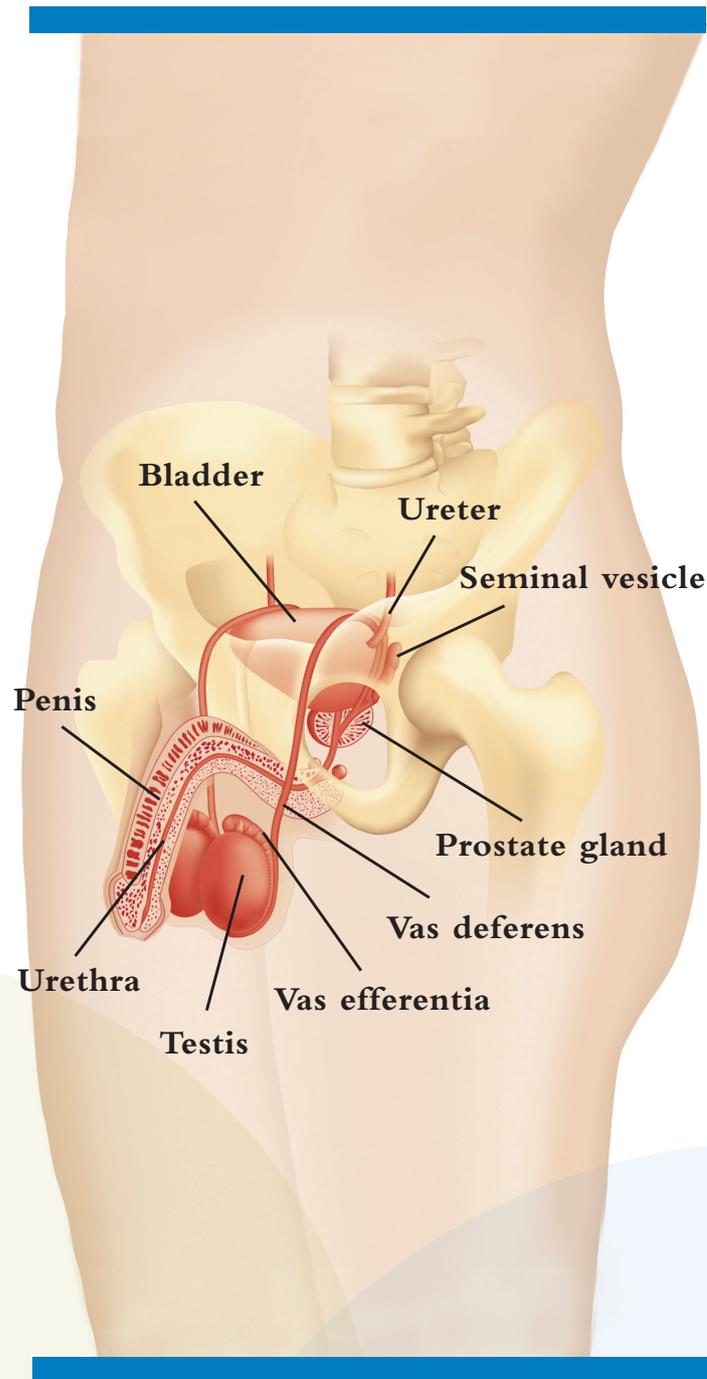
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Prostate cancer screening – know what's right for you



*Talking to my doctor saved my life.*



### *What is prostate cancer?*

- The prostate is a gland that is part of a man's reproductive system.
- Prostate cancer develops from cells that don't grow normally and form a tumor.
- Untreated, the cells can spread to other parts of the body and may lead to death.
- Some forms of prostate cancer don't show symptoms.
- Prostate cancer screening can look for cancer in its early stages when it is more treatable.

### *Start talking*

- All men are at risk for prostate cancer, so knowing your risk is important.
- Talk with your family about a history of prostate cancer. If you have a family history or are 50 and older you are at greater risk.
- Screening includes a blood test and a physical exam. *Talk with your health care provider about screening to decide if it's right for you.*
- Make an informed decision about prostate cancer screening.
  - Understand the facts about prostate cancer screening.
  - Get more information from your health care provider.
  - Think about the value of prostate cancer screening for you.



### *Promoting health*

- Medical experts are still working to determine the ways prostate cancer can be prevented, but there are many ways to increase your overall health.
- Stay physically active, visit your health care provider regularly and stop smoking.

—know  
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