



# Prostate Cancer

**Did you know that prostate cancer is the second most common cancer among men in the U.S.?**

The prostate is a small gland within the male reproductive system that is about the size of a walnut. The gland, which is located below the bladder and in front of the rectum, may get bigger as men age. Prostate cancer occurs when cancer cells form in the tissues of the prostate.

## RISK FACTORS

These factors can increase your risk for developing prostate cancer:

- Older age
- Race
- Family history
- Low vitamin D
- Obesity

## RISK-REDUCTION FACTORS

These factors may reduce your risk for developing prostate cancer:

- Having enough folate in your diet
- Eating a diet low in dairy
- Maintaining a healthy body weight
- Some medications and supplements have been shown to reduce prostate cancer risk. These medications aren't yet FDA approved for this purpose, however. Talk with your doctor about the use of medication for prostate cancer risk.

## BLACK MEN AND PROSTATE CANCER

Globally, 60% of prostate cancer diagnoses occur in men aged 65 or older. While age is a significant factor, younger men can also develop prostate cancer, with risk increasing rapidly after age 50. African American and Caribbean men of African descent are more likely to develop prostate cancer and tend to be diagnosed at a younger age.

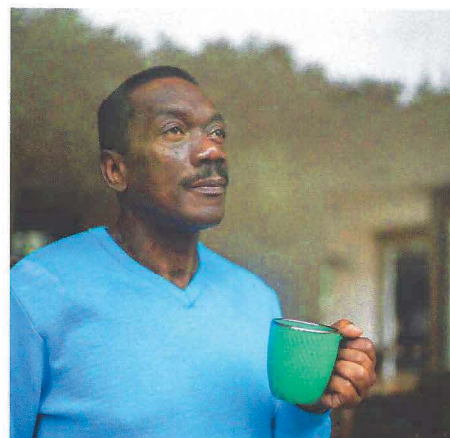
## SCREENING AND EARLY DETECTION

Early detection is important for timely treatment. Prostate cancer screening is recommended to start at age 45. The PSA (prostate-specific antigen) test, a blood test, is primarily used for screening but is just one tool. Consult your doctor for additional screening options.

## KNOW YOUR NUMBERS

A normal PSA depends on your age. Your PSA levels slowly increase as you get older, even if you don't have prostate cancer or any other conditions that affect your prostate. Elevated PSA levels may indicate that you have prostate cancer.

Age	Abnormal Level (ng/ml)
Under 40	Higher than 2.0
40-49	Higher than 2.5
50-59	Higher than 3.5
60-69	Higher than 4.5
70-79	Higher than 6.5
80 and older	Higher than 7.2



## SIGNS AND SYMPTOMS OF PROSTATE CANCER

- Trouble starting the flow of urine
- Frequent urination, especially at night
- Trouble completely emptying the bladder or “stop-and-go” flow when urinating
- Pain when urinating
- Inability to urinate
- Blood in urine
- Inability to have an erection
- Burning erection or blood in semen
- Pain that won't go away in the ribs, back, hips or pelvis
- Shortness of breath, tiredness, fast heart-beat, dizziness or pale skin from anemia

## FOR MORE INFORMATION

For more information about prostate cancer scan the QR code to visit our Black Prostate Health Blog on Mayo Clinic Connect or visit <https://connect.mayoclinic.org/blog/black-prostate-health/>

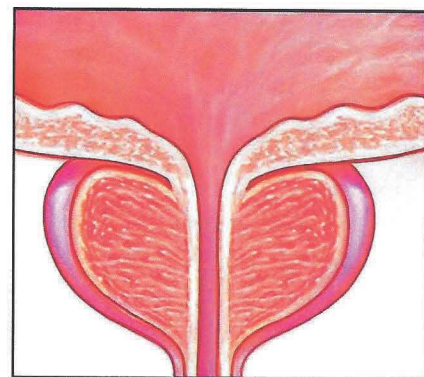


## TELL US WHAT YOU THINK

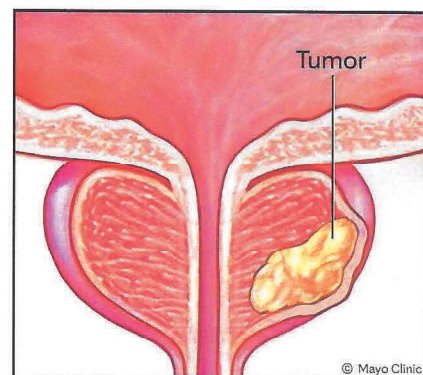
Scan the QR code to take a short survey about the content of this flyer or visit <https://tinyurl.com/pced25>



This content was developed in partnership with community advocates.



Typical prostate



Cancerous prostate