

WHAT ARE CANCER SCREENINGS AND WHY ARE THEY IMPORTANT?

Cancer Screening is the process of checking for cancer cells that are present - or abnormal cells that could become cancer - often before symptoms appear.

The **goal of screening** is to detect cancer early, or prevent it from starting, which can lead to better treatment outcomes and higher survival rates.

These routine, preventive tests **can - and do - save lives.**

TYPES OF SCREENINGS FOR PROSTATE CANCER

1 in 8 men in the United States will be diagnosed with **prostate cancer** in their lifetime. The encouraging news is that **when caught early, 5-year and 10-year survival rates are very high** - and that is proof that **screenings and early detection are critical.**

- **Prostate-Specific Antigen (PSA) test** - The most widely-used screening tool is the Prostate-Specific Antigen (**PSA**) test - a blood test that measures a protein produced by the prostate. Note that a high reading does not prove cancer exists, but it helps doctors determine if further tests, such as a digital rectal exam or biopsy, are needed.

SCREENING RECOMMENDATIONS FOR PROSTATE CANCER

Screening recommendations may depend on your family history, and risk factors.

- **Men aged 55 to 69** should make shared decisions with their doctor about PSA screening, balancing potential benefits against risks like overdiagnosis.
- **High-risk groups**, including Black men or those with a family history, should discuss starting screening earlier, **generally around age 40 or 45.**

GENETIC TESTING

- **Genetic Testing** - To learn if you have a predisposition or inherited risk of being diagnosed with prostate cancer, you may undergo **genetic testing**. Using a sample of your blood or a swab of your saliva, a laboratory will analyze your DNA to identify any inherited gene mutations. The results help determine if additional screening or preventive measures are needed for you and your family.
 - Some mutations associated with an increased risk of prostate cancer include:
 - ATM
 - BRCA1 / BRCA2
 - CHEK2
 - HOXB13
 - PALB2
 - DNA mismatch repair genes (such as MSH2, MSH6, MLH1, and PMS2) (linked with **Lynch syndrome**, also known as hereditary non-polyposis colorectal cancer, or HNPCC)

ABOUT US

Our mission is to reach **all** people impacted by cancer - those diagnosed, their loved ones, and caregivers - so that **no one** faces cancer alone.

All our programs and services are **FREE** to our members.