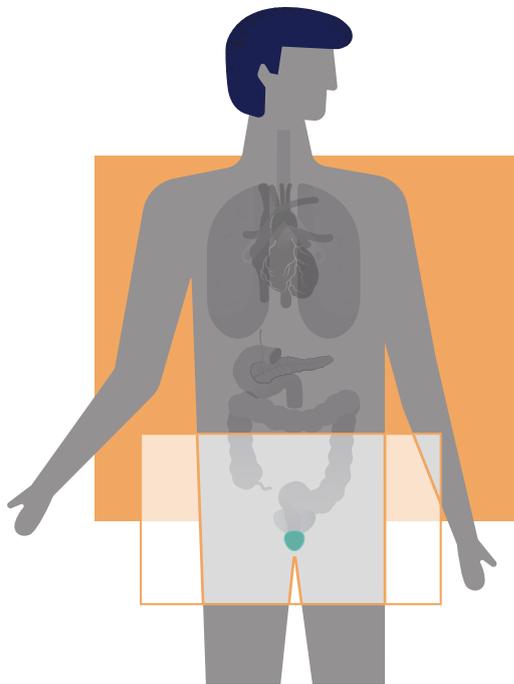


What is Prostate Cancer?

Prostate cancer is tumors that form in the prostate. The prostate is a gland in males that is found below the bladder and in front of the rectum.



Prostate cancer can sometimes spread beyond the prostate gland. Treatment may be more successful if prostate cancer is found early.

What are some factors that may increase risk of prostate cancer?

- Eating a diet high in fat
- Eating a diet with a lot of red meat

Some health screenings for prostate cancer

- Digital rectal examination
- Prostate-specific antigen blood test

How does family health history affect one's risk of prostate cancer?

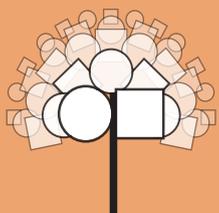
Use the worksheet on the next page to find out.

Check out these websites for more information:

MedlinePlus
medlineplus.gov/prostatecancer.html

Mayo Clinic
mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087

Families SHARE
genome.gov/research-at-nhgri/Projects/Families-SHARE



What is _____'s risk of Prostate Cancer?

(relative's name)

How many of your first-degree relatives listed to the right have been diagnosed with prostate cancer?

Father
Brother(s)
Son(s)

Enter total number

yes no

Is the answer 1 or more?
(Circle yes or no.)

How many of your second-degree relatives listed to the right have been diagnosed with prostate cancer?

Grandfather(s)
Uncle(s)
Nephew(s)

Enter total number

yes no

Is the answer 2 or more?
(Circle yes or no.)

If the answer is **yes** to either of these questions, they have an increased risk of prostate cancer.

If your family member is at increased risk, tell them to talk to their doctor about how to prevent prostate cancer.

Important:

The risk of prostate cancer increases with age. Additionally, some ethnic groups may be at more risk than others. If you are **African American**, you may have a higher risk for prostate cancer.

Some tips that may help prevent and detect prostate cancer:



Choose a healthy diet:

- Eat a variety of fruits and vegetables every day.
- Avoid high-fat foods like red meat.



Talk to your doctor about screening:

- Discuss the potential risks and benefits of screening to decide whether or not screening tests for prostate cancer are right for you.