

Know about prostate cancer

Experts at Mount Sinai Medical Center offer this prostate cancer prevention advice:

- **Age is the strongest risk factor:** Almost two-thirds of prostate cancers are found in men over the age of 65.
- **Family history can be important:** Having a father or brother with prostate cancer more than doubles a man's risk of developing this disease.
- **Race is a factor:** Prostate cancer occurs more often in African-American men than in men of other races.
- **Follow a healthy diet:** Eat more low-fat, high-fiber foods such as fruits and vegetables, and limit intake of red or processed meat.
- **Diagnose cancer early:** Speak with your doctor about your risk for prostate cancer and the benefits of screening. For men at high risk, screening should be considered at age 40.



Prostate Cancer
is the **2nd**
leading cause of
cancer death in
American men.



1 in 7
men will be diagnosed
with prostate cancer.

Screening works:

Screenings consists of a PSA blood test, which measures the level of PSA, a protein that is produced by the prostate gland, and a digital rectal exam, which can uncover physical abnormalities of the prostate that may be a sign of cancer.

NOTE:

Prostate cancer screening guidelines vary with different health groups. Ask your doctor at what age you should discuss prostate cancer screening. Ask about the benefits and risks of PSA blood tests.



Overall, the
5-year survival
rate is **100%**
for men with the
disease confined
to the prostate or
nearby tissue.

233,000
new cases
are diagnosed
annually.