



LHF SCREENING Health TIP

Cancer of the Prostate Gland

1. The prostate gland is walnut sized; it is found at base of your bladder in the pelvis
2. The function of the prostate is to provide fluid/nourishment for your seminal fluid
3. All men 50 years or older should have annual prostate screening. Some doctors believe that men with a family history of prostate cancer or African American heritage should start screening process at age 40.
4. Prostate screening should include digital rectal exam (DRE) & blood prostate specific antigen (PSA)
5. Prostate cancer is the most common non skin cancer in men
6. African American men have the highest rate of prostate cancer
7. Prostate cancer can often be asymptomatic or carry minimal signs/symptoms

PSA (Prostate Cancer)

8. A PSA level > 4 ng/ml or PSA doubling in level over a year is suspect for cancer
9. All men with this finding should see a urologist physician for a DRE
10. There are “false positives” in PSA levels; you can have elevations without cancer:  
Examples: Prostatitis (inflammation)  
Benign prostatic hypertrophy
11. There are “false negatives” in PSA levels; you can have normal levels with cancer  
This occurs 20% of the time

UROLOGIST

12. This trained physician is most qualified to sort out what needs to be done.  
Whatever you choose, do not put off undergoing this screening because you are afraid to know, are too busy or too “young”/healthy to be concerned.