



Screenings

Prostate cancer is the most common non-skin cancer among men in the United States. The incidence rate increases in men 50 years of age and older forming the recommendation for screening at 50. For men at higher risk screening may start at a younger age.

Risk Factors

Studies have linked several factors to an increased risk for prostate cancer:

- Older age – most common in men over 50
- Family history of prostate cancer
- African American men have a higher incidence rate
- Overweight
- Diagnosis of high-grade prostatic intraepithelial neoplasia
- Certain genome mutations

Screening Tests

Digital Rectal Exam (DRE)

A digital rectal exam is often part of a routine physical examination. If you a man over 50, a DRE should be part of your annual check-up. Your doctor inserts a lubricated gloved finger in your rectum to feel the prostate for lumps or other abnormalities.

Prostatic Specific Antigen (PSA) Test

The prostatic specific antigen (PSA) test measures the blood levels of PSA, an enzyme produced by the prostate cells. PSA may be found in an increased amount in the blood of men who have prostate cancer.

Symptoms

Prostate cancer usually grows very slowly, often not causing signs or symptoms until it is more advanced. If you have prostate cancer you have symptoms that affect the flow of urine

- Inability to pass urine
- Difficulty starting or stopping flow

- Needing to urinate often, especially at night
- Weak urine flow
- Urine flow that starts and stops
- Pain or burning with urination
- Difficulty having an erection
- Blood in the urine or semen
- Pain in the lower back, hips or upper thighs
- Erectile dysfunction

Diagnostic Tests

Transrectal Ultrasound – The doctor inserts an ultrasound probe into your rectum to check the prostate for abnormalities. The probe passes sound waves off the prostate and a computer uses an echo to create a picture of the prostate.

Transrectal Biopsy – This is the only certain way to diagnose prostate cancer. The doctor inserts a needle through the ultrasound probe and remove a tissue sample from several differ areas of the prostate gland. Another doctor, a pathologist, checks the samples for the presence of cancer.