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# 10 Things Everyone Should Know About Prostate Cancer

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# 10 Things Everyone Should Know About Prostate Cancer

**1** Out of every 6 men, 1 will get prostate cancer sometime in his life. Over 192,000 new cases are expected this year - more than breast cancer.

**2** The chances of getting prostate cancer are 1 in 3 if you have just one close relative (father, brother) with the disease. The risk is 83 percent with two close relatives. With three, it's almost a certainty (97 percent).

**3** African American men are at special risk for the disease, with the highest rate of prostate cancer in the world: 1 in 4 men. African American men are 2.5 times more likely to die from the disease.

**4** Prostate cancer is the second-leading cause of male cancer-related death in the United States. About 27,000 men in the U.S. died of prostate cancer in 2009, and approximately 254,000 worldwide.

**5** There are no noticeable symptoms of prostate cancer while it is still in the early stages. This is why screening is so critical.

**6** Every man age 50 or over should resolve to be screened annually. African American men or those with a family history of the disease should start annual screening at 40.

**7** Before early detection through PSA screening, only 1 in 4 prostate cancer cases were found while still in the early states. With the widespread use of screening, about 9 out of 10 cases are now found early - giving men a fighting chance.

**8** Nearly 100 percent of men diagnosed with prostate cancer while it is still in the early stages are still alive five years from diagnosis\*. Of men diagnosed in the late stages of the disease, 33.4 percent survive 5 years\*.

**9** Screening for prostate cancer involves a simple blood test and a physical exam. It takes about 10 minutes and is covered by health insurance in many states.

**10** Obesity is a significant predictor of prostate cancer severity. Men with a body mass index 32.5 have about 1/3 greater risk of dying from prostate cancer. Research shows high cholesterol levels are strongly associated with advanced prostate cancer.

*All prostate cancer statistics are 2010 estimates reported by the American Cancer Society.*

*\* Does not include those who died from causes other than prostate cancer.*

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