

EARLY DETECTION
SAVES LIVES



PROSTATE CANCER AND PSA SCREENINGS
WHAT YOU NEED TO KNOW

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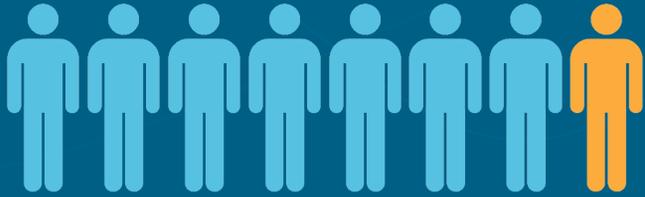
Prostate cancer is the most common non-skin cancer in America. Learn more about prostate cancer and how early detection help save lives.



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In the United States, **1 in 8** men will be diagnosed with **prostate cancer** in his lifetime.

If detected and treated early, the five-year survival rate is nearly 100%.

PROSTATE CANCER 101

THE PROSTATE GLAND

The prostate is part of the male reproductive system, normally about the size and shape of a walnut. Located below the bladder in front of the rectum and surrounds the urethra, the prostate's main function is to produce fluid for the semen.

WHAT IS PROSTATE CANCER?

Prostate cancer is a common form of cancer in men that typically develops in the cells that create and release mucus and other bodily fluids (a type of cancer known as *adenocarcinoma*). It usually grows slowly and initially remains confined to the prostate gland. However, certain other types of this cancer may grow rapidly and aggressively.

HOW IS PROSTATE CANCER DIAGNOSED?

Prostate screening tests include:

- **Digital Rectal Exam (DRE).** During a DRE, the physician will insert a gloved, lubricated finger into the rectum to feel for any irregularities (e.g., change in shape, size or texture) in the prostate.
- **Prostate-Specific Antigen (PSA) Test.** The PSA test is a blood sample that is taken to analyze the levels of PSA in the bloodstream. If the level is high, it may be an indication that the prostate is inflamed, infected, enlarged or cancerous.

WHAT IS PSA?

PSA (prostate specific antigen) is a chemical produced by the prostate gland. It functions to liquefy semen following ejaculation, aiding the transit of sperm to the egg. A small amount of PSA filtrates from the prostate into the blood circulation and can be measured by a simple blood test. In general, the larger the prostate size, the higher the PSA level since larger prostates produce more. As a man ages, his PSA rises based upon the typical enlarging prostate that occurs with growing older.

PSA screening detects prostate cancer in its earliest and most curable stages, before it has a chance to spread and potentially become incurable.

WHO SHOULD BE SCREENED FOR PROSTATE CANCER?

- **Age 50 for men who are at average risk** of prostate cancer and are expected to live at least 10 more years.
- **Age 45 for men at high risk** of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- **Age 40 for men at even higher risk** (those with more than one first-degree relative who had prostate cancer at an early age).

WHY SCREEN FOR PROSTATE CANCER?

PSA screening has unequivocally reduced metastases and prostate cancer death and it is recommended that it be obtained annually starting at age 40 in men who have a greater than a 10-year life expectancy. PSA testing in men who have been diagnosed with prostate cancer provides valuable information about pretreatment staging, risk assessment and monitoring after treatment. Although PSA has many shortcomings, when used intelligently and appropriately, it will continue to save lives.