



# CHECK YOUR KNOWLEDGE ABOUT PROSTATE CANCER

Talk to your doctor about the risks and benefits of prostate cancer screening

## THE FACTS:

**5,989** cases of prostate cancer were diagnosed among male Idahoans during 2015–2019.

**1,263** were late stage cancers.

**2nd** leading cause of cancer death in male Idahoans is Prostate cancer.

**926** male Idahoans died from prostate cancer during 2015–2019.



Prostate cancer mortality decreased at a rate of 2.2% per year during 2000–2019.

## WAYS TO PROMOTE PROSTATE HEALTH

Age, race, and genetic factors can't be controlled, but you can:



**Maintain a healthy weight through diet and exercise.** Some studies have found that obese men have a higher risk of getting more aggressive (faster growing) prostate cancer. Exercise regularly and stay active to support prostate health.



**Include colorful fruits and vegetables in your diet,** and avoid high amounts of animal fat. Try adding fish, legumes, and healthy oils into your diet. Diets high in fat and low in vegetables are associated with increased prostate cancer risk.



**Avoid smoking.** Smoking cigarettes is associated with higher risk of dying from prostate cancer. Check out [ProjectFilter.org](http://ProjectFilter.org) for free cessation resources.

## KNOW YOUR RISKS

Who should be screened

- For men **aged 55 - 69 years**, prostate-specific antigen (PSA) screening should be based on patient-specific factors and weighed against the potential harms of screening.
- Men of **African ancestry** are at a **higher risk** than men of other races for prostate cancer.
- Having a **father or brother with prostate cancer** is associated with **over twice the risk of developing prostate cancer**. If several family members have prostate cancer, the risk is much higher.
- **Men 70 and older** should not be screened.

