

# It's No Big Deal!



## Did you know?

**Michael:** How are you today, Dad?

**John:** I can't complain. Aches and pains, but nothing like last year.

**Michael:** Yeah, we were worried about you with the prostate cancer.

**John:** I was worried, too. But you all really helped me get through it.

**Michael:** You know, Dad, watching you made me think – I'm 45 and have a family to care for.

So I saw my doctor and we talked about prostate cancer and testing to find it early. He went over the pros and cons of testing and asked me what I wanted to do.

**John:** What did you do?

**Michael:** I decided to be tested. It was a big relief knowing I'm OK.

**John:** I'm proud of you, Son. But now we have a big job ahead of us – getting your brothers to talk to their doctors.

**Michael:** Since prostate cancer is in our family, they should talk to their doctors starting at age 45.

My doctor said that if it's not in your family, you can wait until 50.

**John:** Good advice. Let's go talk to your brothers about it.

- Prostate cancer testing is done with a PSA blood test alone, or with a rectal exam.
- PSA stands for Prostate Specific Antigen and it is a blood test.
- With a rectal exam, a doctor feels the prostate gland.
- Most men should talk to their doctors about prostate cancer starting at age 50.
- African American men and men with prostate cancer in their family should talk to a doctor starting at age 45.
- Men should decide if testing is the right choice for them after they have learned about the pros and cons of testing.

To get the facts on prostate cancer, call:

1.800.227.2345



Get help anytime.

1.800.ACS.2345 / [www.cancer.org](http://www.cancer.org)