

PROSTATE CANCER

with the Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

RISK FACTORS

- Older age
- Race/Ethnicity: African-American men have a higher risk of prostate cancer
- Family history of prostate cancer
- Obesity
- Smoking
- Eating lots of red meat and processed foods

SIGNS & SYMPTOMS



Trouble urinating



Blood in urine or semen



Problems with erections



Pain in hips, back, chest, or other areas



Feeling weak or numbness in legs or feet

SCREENING GUIDELINES

- Talk to your healthcare provider about the pros and cons of Prostate-Specific Antigen (PSA) testing and newly updated screening guidelines
- If you're African-American or have a family history of prostate cancer, ask your doctor if you should get screened earlier

PREVENTION

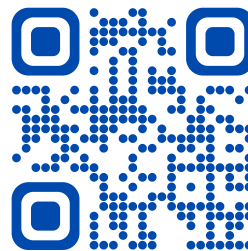
- Quit smoking
- Maintain a healthy weight
- Exercise regularly
- Know your family history
- Eat healthy foods
- Reduce consumption of red meats, well-done cooked red meats, and processed meats
- Stay up-to-date on your prostate cancer screening

WE CAN HELP YOU:

- Find a cancer doctor
- Access clinical trial options or enrollment
- Get connected to services available at UMN hospitals and clinics
- Receive resources for patients, families, and caregivers

Call (612) 624-2620 or email ccinfo@umn.edu

*Scan for Community Outreach
and Engagement Resources*



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