



## Minnesota Department of Health

# Prostate Cancer and Family Health History

### Screening for Individuals Without a Family History

- ◆ The prostate-specific antigen (PSA) blood test and the digital rectal examination (DRE) should be offered annually, beginning at age 50.<sup>1</sup> The primary screening tool should be the DRE. If the DRE is negative there is no need to have a PSA, but the PSA should be offered as an option.<sup>2</sup>

<sup>1</sup> American Cancer Society

<sup>2</sup> National Comprehensive Cancer Network

### Screening for Individuals With a Family History

- ◆ Begin digital rectal exam (DRE) and prostate specific antigen (PSA) screening at age 45 for men with a first degree relative (father, brother or son) diagnosed with prostate cancer before 65 years of age.<sup>1</sup>
- ◆ If a man has more than one first-degree relative diagnosed with prostate cancer before age 65, screening may begin at age 40.<sup>2</sup>
- ◆ Men with a family history (first degree relatives) of prostate cancer (especially cancer found at a younger age) should be offered a PSA test and DRE and start risk benefit discussions with a healthcare provider at age 40.<sup>2</sup>



<sup>1</sup> American Cancer Society

<sup>2</sup> National Comprehensive Cancer Network

### What is a Family Health History?

A record of a person's current and past illnesses, and those of his or her parents, brothers, sisters, children, and other blood relatives. A family health history shows the pattern of certain diseases in a family, and helps to determine risk factors for those and other diseases.<sup>3</sup>

<sup>3</sup> National Cancer Institute

# Prostate Cancer Risk Factors and What You Can Do About Them

## Things You Can Change

**Diet:** A diet high in red meat and high-fat dairy products increases risk.

## What Can You Do?

- ◆ Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats
- ◆ Regular screening
- ◆ Talk to your healthcare provider



## Your Family Health History...

**Know your past.  
Act in the present.  
Protect your future.**



## Things You Can't Change

**Family History:** Having a father or a brother with prostate cancer more than doubles a man's risk of developing this disease. The risk increases with number of affected relatives, particularly if their relatives were young at the time of diagnosis.<sup>4</sup>

**Age:** Risk increases after age 50.

**Nationality:** Prostate cancer is most common in North America and northwestern Europe.

**Race:** African-American men are at greater risk.

<sup>4</sup> What Are The Risk Factors for Prostate Cancer? National Cancer Institute. [www.cancer.org](http://www.cancer.org)

## What Can You Do If You Have a Family History?

- ◆ Talk to your healthcare provider about your family health history of cancer
- ◆ Make a plan to preserve your health
- ◆ Earlier screening with PSA and DRE
- ◆ Eat a balanced diet

