



# Share the Wellness Tip

October 18, 2013

## Prostate Cancer Screening



### To Do:

1. Take Out the Trash
2. Mow the Lawn
3. Schedule Prostate Cancer Screening

If you are a male over 50, is prostate cancer screening on the list for your next checkup? If it isn't, it should be. The five-year survival rate for early state prostate cancer can be as high as 99 percent, so getting screening test is an important step toward staying healthy and preventing disease.

Men over 50 who have at least a 10-year life expectancy would benefit from intervention and treatment and should have a prostate-specific antigen (PSA) and digital rectal examination (DRE) annually. Younger men at higher risk-African-Americans or those with strong family histories of the disease—may begin screening at a younger age. Talk to your physician about the screening schedule that's right for you.

The next time review your "To Do" list, make sure you've checked off prostate cancer screening. After all, isn't your health a top priority?



Source: American Cancer Society