

## NEWS RELEASE TEMPLATE

### GIVE MEN INFORMATION TO MAKE AN INFORMED DECISION BEFORE PROSTATE CANCER SCREENING

DATELINE (And Date) – Prostate cancer is the second leading cause of cancer deaths in men in the United States. The National Cancer Institute states that one in six men will get prostate cancer during their lifetime. In its Cancer Facts and Figures 2015, the American Cancer Society (ACS) estimates that 4,620 men in Maryland will be diagnosed with prostate cancer and 500 will die from it in 2015. In the US, approximately 220,800 men will be diagnosed and 27,540 will die from prostate cancer in 2015. All over Maryland people are taking part in campaigns supporting Prostate Cancer Awareness and Men's Health Issues.

Current screening guidelines for prostate cancer emphasize the importance of making an informed decision. In May 2012, the United States Preventative Task Force (USPTFS) issued a final [recommendation statement](#) on the use of prostate-specific antigen (PSA) screening test to find prostate cancer. It concluded that the expected harms of PSA screening are greater than the potential benefit. A man's decision to be screened for prostate cancer should reflect a clear understanding of the possible benefits and harms expected. It is essential that men communicate with their doctor about these risk and benefits, as well as their personal values and preferences, to ensure they are making an informed decision.

Prostate cancer typically exhibits no symptoms in its earlier stage. As prostate cancer progresses, possible symptoms may include blood in the urine; the need to urinate frequently (especially at night); weak or interrupted urine flow; or pain or a burning feeling while urinating. More advanced prostate cancer often spreads to the bones and can cause pain in the hips, spine, ribs, or other areas. Men should consult with their health care provider if any of these symptoms occur.

The leading risk factor for prostate cancer is age: the chance of a man getting prostate cancer increases with age. Other risk factors to consider are family history and African ancestry. Having a father or brother with prostate cancer, being African American or a Caribbean of African descent increases a man's risk for prostate cancer. Although it is not yet known how to prevent prostate cancer, current studies suggest that having a healthy diet, being

physically active, not smoking, and maintaining a healthy weight can help to lower the risk of many types of cancer, while also reducing the risk of heart disease, diabetes, and stroke.

For more information about prostate cancer, call the (insert name of local health department) at (insert telephone number) or contact the 24-hour line of the American Cancer Society's Cancer Information Specialist at 1-800-ACS-2345 (1-800-227-2345).