



# PROSTATE HEALTH: WHAT YOU CAN DO



## Three Ways to Maintain a Healthy Prostate

# 1

### Improve your eating habits.

- Eat at least five servings of fruits and vegetables each day.
- Choose whole grain breads, pastas and cereals.
- Limit red meat and highly processed meats like bologna and hot dogs. Choose fish, skinless poultry, beans and eggs for healthier protein options.
- Choose healthful fats like olive oil, nuts and avocados. Cut back on saturated fats from dairy and other animal products. Avoid partially hydrogenated fats (trans fats) found in many fast foods and prepared foods.
- Avoid sugar-sweetened drinks. Enjoy sweets only as an occasional treat.
- Choose foods low in sodium. Limit canned, processed and frozen foods that contain excess sodium. Be sure to read food package labels.

# 2

### Get some sun.

Vitamin D from sunshine is good for your heart, kidneys and pancreas. Plus, it may reduce your chances of developing prostate cancer. Don't ditch the sunscreen, but don't hide from the sun either.

# 3

### Get screened.

Current recommendations call for men in high-risk groups to be screened for prostate cancer starting at age 40. Men who are not in high-risk groups should consider screenings starting at age 55. High-risk groups include:

- African Americans
- People of Scandinavian descent
- Men with two or more close family members who were diagnosed with prostate cancer

Want to know if a prostate screening is right for you? **Check out this video.**



Sources: [harvardhealth.org](http://harvardhealth.org), [hopkinsmedicine.org](http://hopkinsmedicine.org)



Have you or someone you know been recently diagnosed with prostate cancer?  
Download this free Newly Diagnosed Toolkit.

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## Prostate Screenings

The goal of a prostate screening is to find cancers that may be at high risk for spreading if not treated. While there is no one standard screening test for prostate cancer, these two are the most common:

### ***Prostate-Specific Antigen Test***

This test measures the level of PSA in your blood. PSA is a substance made by the prostate. Your PSA level may become elevated if you have prostate cancer or another condition related to the prostate.

Generally speaking, the higher your PSA level, the more likely it is that you have a prostate problem. PSA levels can also be affected by:

- Certain medical procedures
- Certain medications
- An enlarged prostate
- A prostate infection

Because many factors can affect PSA levels, your doctor is the best person to interpret the results. Your doctor may recommend a follow-up biopsy.

### ***Digital Rectal Examination***

A digital rectal examination (DRE) is a simple procedure doctors use to examine the lower rectum and other internal organs for anything abnormal such as cancer. In 2018, the U.S. Preventive Services Task Force stated that it does not recommend DRE due to a lack of evidence regarding its benefits.

You should talk with your health care provider to determine if a prostate cancer screening is right for you and the screening test most appropriate.

### **Ask your doctor:**

- Am I at greater-than-average risk for prostate cancer?
- At what age should I consider a prostate cancer screening?
- If my blood test results are not normal, what other conditions might I have besides prostate cancer?
- What is a biopsy and how is it performed?
- What are the side effects or risks of a biopsy?
- If my biopsy shows some cancer cells, what does that mean? What are my treatment options?
- What are the side effects of each treatment option?