



1 in 5 men

are likely to be diagnosed with prostate cancer in their lifetime.

Risk Factors

There are four risk factors for prostate cancer:

1. Age 40+
2. Family history (father/brother diagnosed)
3. Genetics (BRCA2 gene mutations)
4. Ethnicity (Black sub-Saharan ancestry)

Your risks of prostate cancer increase as you age. Around 70% of men diagnosed are aged over 65, but it is not just an “old man’s” disease.

More than 7,000 men under the age of 65 are diagnosed with the disease in Australia every year.

A simple PSA blood test is our first-line defence in the early detection of prostate cancer.

If we detect prostate cancer early, the **five-year survival rate is almost 100%.**

Without PSA testing for prostate cancer, you risk a late diagnosis.



**Prostate Cancer
Foundation of Australia**

Do I need to test if I have no symptoms?

Yes. Prostate cancer has no symptoms when it first develops, which means PSA testing is vital to early detection.

What are the symptoms?

These are some of the symptoms that tend to develop once prostate cancer has become more advanced:

- Urinary symptoms including frequent urination, poor urine stream, dribbling at the end of passing urine, or slow to start the urine flow.
- Blood in the semen or urine.
- Pain on urination or ejaculation.
- Unexpected fatigue and weight loss.
- Back or pelvic pain.

Understanding your test results

If your PSA is higher than expected for your age and risk level, your doctor may repeat your PSA test after a short period. If it is still high, they will refer you to a specialist for more tests.

If your PSA levels are not elevated but you have symptoms of prostate cancer, such as changes in frequency of urination, ask your doctor about further screening methods, such as an MRI scan, which can be ordered by a urologist under Medicare.

If your PSA levels are elevated, you may be offered an MRI scan. To diagnose prostate cancer, a biopsy of your prostate is needed where tissue samples are obtained using a thin needle, inserted under anesthetic. If the biopsy confirms the presence of cancer, your specialist will discuss treatment options with you. Many low-risk prostate cancers don't require treatment and will be monitored closely over time, while others will be more aggressive, requiring active treatment.

The Facts



28,868
men diagnosed
each year



3,975
men die annually



96%
five-year survival

Got questions?

Give us a call today.

 **1800 22 00 99**

 **prostate.org.au**



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ZERO DEATHS | PROSTATE CANCER
AWARENESS MONTH**

*the***LONG**run

