

CANCER WELLNESS PROGRAM FACT SHEET

# PROSTATE CANCER

What you need to know.



## What

Prostate is the **2nd most common cancer** in men.

## Why

90% of prostate cancer is **slow growing** but aggressive forms can be dangerous.

## How

**Genetic testing** can improve prostate cancer treatment and **diagnosis**.

## When

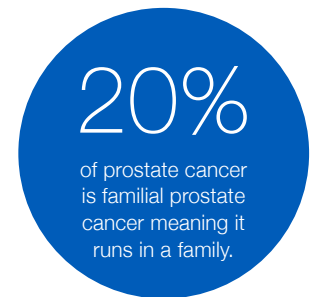
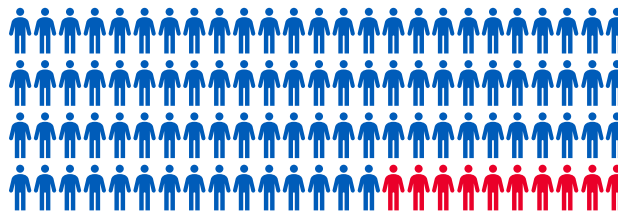
Screening can **start at 40 to 50 yrs old** depending on risk and family history.

Source: American Cancer Society and National Cancer Institute

**FACTS:** 12% of the male population is at risk of prostate cancer

**90%** of prostate cancer is slow growing & local.

**10%** are dangerous & can spread.



Source: American Society of Clinical Oncologists

## Signs and Symptoms of Prostate Cancer

Signs of prostate cancer may be very similar to other health problems:

- Frequent urination and urge to urinate.
- Low or interrupted urine flow.
- Blood in urine.
- New onset erectile dysfunction.
- Discomfort when sitting.
- Pain in bones and joints.
- Swelling in legs.
- Fatigue.
- Change in bowel habits.

Source: American Cancer Society  
American Society of Clinical Oncologists and American Cancer Society

## Genetics in Prostate Cancer

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with prostate cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- Some prostate cancer is inherited, meaning DNA changes are passed through families.
- Ask about your family history and talk to your doctor about risk for inherited prostate cancer.

Source: American Society of Clinical Oncologists and American Cancer Society

The decision to screen for prostate cancer is one you should make with your doctor.

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# PROSTATE CANCER

**What can you do?**

**Be Proactive**

Pay attention and be proactive about your health.


**Screen**

If you are of age, get all the screening your doctor recommends.


**Test**

If you have cancer diagnosed, ask if all genetic biomarkers have been tested.

**SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS**

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

**Questions to consider asking your doctor**

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genetic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn't receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?

## Have questions?

Contact us at [cancer@guardanthealth.com](mailto:cancer@guardanthealth.com)

## For more information visit:

American Cancer Society at [Cancer.org](http://Cancer.org)  
 American Society of Clinical Oncologists at [Cancer.net](http://Cancer.net)