NEVADA CANCER COALITION

PROSTATE CANCER AWARENESS MONTH
SEPTEMBER 2023 | QUICK FACTS

- Not including skin cancer, prostate cancer is the most commonly diagnosed cancer among men in Nevada and the second leading cause of cancer death for men in Nevada.

- The American Cancer Society estimates 2,180 Nevadans will be diagnosed with prostate cancer this year and 440 will die of the disease.

- About 60% of prostate cancers are diagnosed in those over age 65.

- Nearly 60% of prostate cancers are due to genetic factors. Those who have a close relative diagnosed with prostate cancer may be twice as likely to also be diagnosed.

- People who are Black are about 75% more likely to develop prostate cancer compared to those who are white.

- Other prostate cancer risks include being overweight or obese, sedentary, or eating a diet low in vegetables and high in processed meat and saturated fats.

SCREENING / EARLY DETECTION

- Some prostate cancers are aggressive and can spread to other parts of the body. But the CDC notes that many prostate cancers grow slowly and may never spread or cause symptoms. Without screening some many never know they had the disease.

- Most prostate cancer is found with screening tests, such as a blood test that checks for levels of Prostate Specific Antigen (PSA). PSA levels in the blood can be a general predictor of prostate cancer, and a doctor may monitor PSA levels over time. PSA levels vary from person to person.

- It's important to discuss the pros and cons of prostate cancer screening with a doctor to make an informed decision if screening is the right choice for them. Those who are Black or have a family history of prostate cancer should talk to their doctor starting at age 40-45. For others at average risk, the conversation should start at age 50.

RESOURCES

- Zero Prostate Cancer - https://zerocancer.org/
- My Prostate Cancer Journey https://www.youtube.com/watch?v=vxVUixGycVE
- 7 Things to Know About Prostate Cancer with Radiation Oncologist Florence Wright, MD https://www.youtube.com/watch?v=dJoCV1EEVOA