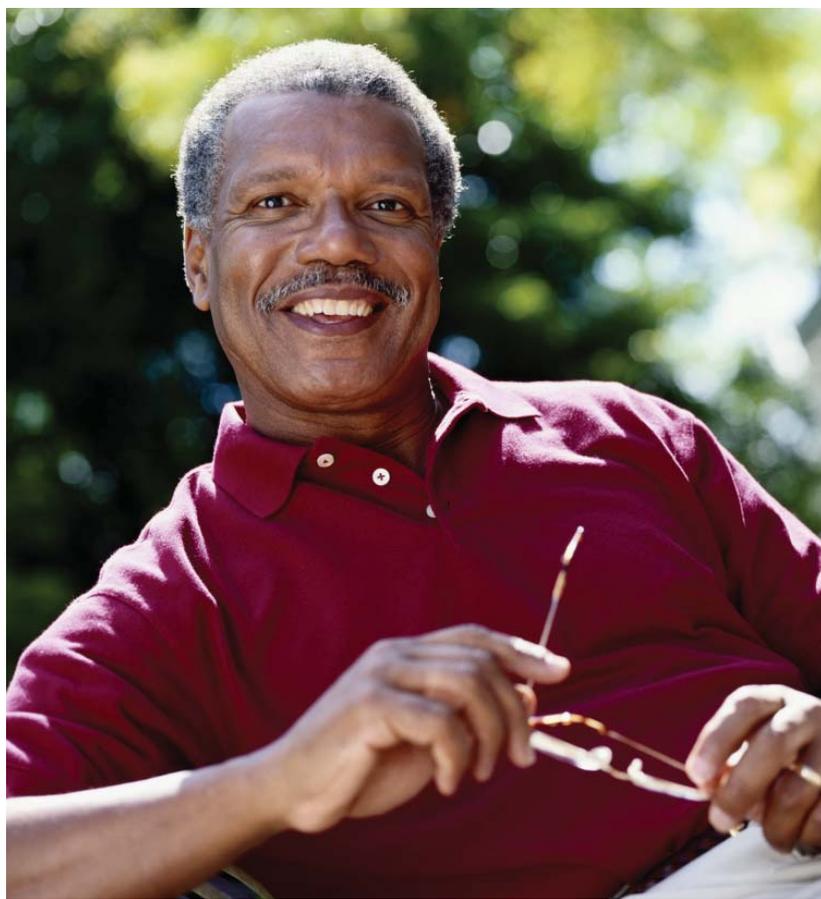


Talking to your doctor or health care provider about prostate cancer screening is the first step toward taking control.



Prostate Screening

Prostate cancer is the second leading cause of cancer death in African-American men after lung cancer.

You are at greater risk for developing prostate cancer if you have a father, brother or son who has had prostate cancer. Age is a risk factor too, and that risk factor increases at age 50.

Prostate cancer screening may find cancer sooner, which may make the cancer easier to treat. Like many cancers, you may have more power against the disease than you realize. Talking to your doctor or health care provider about prostate cancer screening is the first step toward taking control.

There is more than one type of prostate cancer screening. The Prostate Specific Antigen (**PSA**) test is better at telling if a small cancer is present. But the Digital Rectal Exam (**DRE**) can sometimes find cancers in men with normal PSA levels. That is why both tests are performed. If you are uninsured, or payment is a concern, there may be services available. Medicaid (the Missouri HealthNet) covers the tests. You can apply for Medicaid at your local Family Support Division Office. To find a Family Support Division office or have a Medicaid application mailed to you, call the toll-free Family Support Division Information Call Center at (855) 373-4636. You can also call (888) 275-4772 (888-ASK-HRSA) for the location of the nearest Federally Qualified Health Center.

Talk to Your Doctor or Health Care Provider

Your doctor may not recommend regular prostate cancer screening, due to the fact that certain cancers may never affect a man's health and that treating them could cause temporary or long-lasting side effects. Possible side effects include impotence (the inability to keep an erection), incontinence (the inability to control urine flow resulting in leakage, or dribbling) or bowel dysfunction (frequent stools, diarrhea or the inability to control bowel movements). Since the benefits of finding cancer may outweigh the possible risk of side effects, it is recommended that all men be given information on the pros and cons of screening before making their own decision. Talk to your doctor or health care provider to make the decision that's right for you.



Talk to your doctor or health care provider about prostate cancer screening and ask them to check for high blood pressure. High blood pressure is easy to identify and easy to treat.

High blood pressure is a major risk factor for heart disease (heart attacks), stroke, congestive heart failure and kidney disease. *High blood pressure often has no symptoms, which is why it is often called the “silent killer.”* African-Americans develop high blood pressure more often and at an earlier age. The good news is there are many simple steps you can take to protect yourself against cancer, high blood pressure, heart disease and more.

- Eat healthier foods, including more fruits and vegetables
- Reduce salt intake in your diet by eating fewer processed, salty foods
- Exercise - find ways to keep moving, walking to stay active
- Avoid drinking alcohol
- Don't start smoking, if you are a smoker and are ready to quit, call The Missouri Tobacco Quitline at (800) QUIT-NOW (800-784-8669) and get free self-help and telephone counseling sessions
- See your doctor regularly
- Take medicines as prescribed



You have power over cancer, high blood pressure and your health. Take the steps you need to take control. You have the power.

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