



## PROSTATE CANCER FACT SHEET



- More than **3.3 million** men are living with prostate cancer in the U.S.
- **299,010** American men are expected to be diagnosed with prostate cancer this year and **35,250** are expected to die from the disease.



- The relative **5-year** survival rate for prostate cancer diagnosed in its earliest stages is nearly **100%**. The survival rate for advanced disease drops to **34%**.



- Prostate cancer is the **second leading cause of cancer death** in men.
- **Every 15 minutes** another American man dies from prostate cancer.



- **Genetic factors** may play a role in a prostate cancer diagnosis. A BRCA gene mutation, most commonly known in breast cancer, has also been linked to prostate cancer and ovarian cancer.
- Genetic, or hereditary, prostate cancer is thought to make up approximately **10%** of all prostate cancer diagnoses.



- **1 in 8** men will be diagnosed with prostate cancer in his lifetime.
- That number increases to **1 in 6** for Black/African American men.
- Several factors are thought to increase a person's risk of being diagnosed with prostate cancer, including **age, African ancestry, and family history of cancer**.



- Screening for prostate cancer is quick and easy and is done with a simple blood test, and possibly a physical exam:
  - A **PSA (prostate-specific antigen)** blood test measures the amount of PSA in the blood.
  - A **DRE (digital rectal exam)** is a physical exam performed by a healthcare provider using a gloved, lubricated finger to feel the prostate for abnormalities.



- Black/African American men are **1.7 times** more likely to be diagnosed with prostate cancer than White men.
- Black/African American men are **2.1 times** more likely to die from prostate cancer than White men.
- Black men in the U.S. and Caribbean have the highest prostate cancer incidence rates **in the world**.



- If the results of a PSA blood test or a DRE come back abnormal, the healthcare provider may recommend a biopsy. **The only way to confirm prostate cancer is with a biopsy.**



- Prostate cancer is the **most common cancer diagnosis among U.S. Veterans**.
- **1 in 5** military personnel are expected to be diagnosed with prostate cancer.



- Exercising regularly, maintaining a healthy weight, and eating a heart-healthy diet can **help reduce the risk** of a prostate cancer diagnosis.