

Talk to your healthcare provider about regular cancer screening and find out when you should be screened for specific cancers.

If you don't have a primary healthcare provider, you can register for Health Care Connect by calling:

1-800-445-1822

For more information about prostate cancer screening, symptoms, awareness, risks, and prevention, scan the QR code below or visit this link:

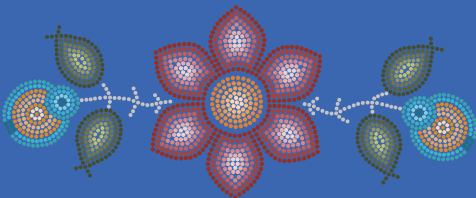
bit.ly/MNOProstateCancer



Need a ride to get you to your cancer screening appointment? Reach out to OneMNO at:

ContactUs@metisnation.org or
1-800-263-4889 Ext. 7

to be connected to your local Community Support Services Coordinator.



PROSTATE CANCER

Prostate cancer starts in the cells of the prostate, which is a small gland in the reproductive system that produces semen. The prostate gland is located below the bladder in front of the rectum and surrounds the upper part of the urethra.

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SYMPTOMS

Prostate cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear as the tumour grows and causes changes in the body such as changes in bladder habits. Other health conditions can cause the same symptoms as prostate cancer.

The signs or symptoms of prostate cancer include:

- more frequent urination, especially at night
- a strong or sudden urge to urinate
- difficulty starting the flow of urine
- weak or slow urine stream
- interrupted urine stream
- being unable to empty the bladder completely
- having difficulty controlling the bladder, which can cause urine to leak and dribble
- blood in the urine or semen

RISKS

Certain behaviours, substances or conditions can affect your risk of developing cancer. The risk for prostate cancer increases as men get older. The chance of being diagnosed

with prostate cancer is greater after age 50. Prostate cancer is most often diagnosed in men in their 60s. The following can increase your risk for prostate cancer. Most of these risks cannot be changed.

- Family history of prostate cancer
- Obesity or overweight
- Tall adult height
- Inherited gene mutations

PREVENTION

There are 2 main things you can do to lower your risk of prostate cancer:

- Know your personal risks
- Maintain a healthy body weight

If you are a person in one of these higher risk groups, talk to your doctor or nurse practitioner about regularly checking your prostate health.

SCREENING

A prostate-specific antigen (PSA) test measures the amount of PSA in the blood. PSA is a protein made by prostate cells. The prostate is part of the male reproductive and urinary systems. PSA is mostly found in semen, which is also made in the prostate, but small amounts of PSA can also be found in the blood. Higher levels of PSA in the blood can be caused by prostate cancer, among other things.

A PSA test may be done to:

- help find prostate cancer early in those who don't have any signs or symptoms of the disease
- check for cancer in those who have signs or symptoms of prostate cancer
- plan treatment for prostate cancer

A PSA test is often used together with a digital rectal exam (DRE) to increase the chance of finding prostate cancer early when it is easier to treat.

Your PSA levels will determine how often you get tested. The decision to stop testing is based on your PSA levels, age and general health.