

# Prostate Cancer in Black Communities



## About Prostate Cancer

Develops in the prostate: a small gland in the male reproductive system that supplies seminal fluid<sup>1</sup>

**Second most commonly diagnosed** cancer in American men (behind skin cancer)<sup>\*2</sup>

More than **3.1 million** people in the U.S. who have been diagnosed with prostate cancer at some point are still alive today<sup>2</sup>

Often asymptomatic<sup>7</sup>



## Impact on Black Individuals in the U.S.

*Compared to white men, black men are:\**

**1.8 times more likely** to be diagnosed with prostate cancer<sup>3</sup>

Compared to white men, black men have up to **3 times the risk** of diagnosis at a later stage of the disease<sup>4</sup>

In univariate analysis, black men were only **half as likely** as white men to undergo PSA testing<sup>5</sup>

**27% less likely** to receive treatment in early stages of the disease<sup>6</sup>

While there is no definitive reason for why Black individuals are impacted by prostate cancer differently, lower socioeconomic status and racial bias with regard to preventive care have been shown to play an important role in increased cancer risk and poorer outcomes<sup>3</sup>

## Reducing Your Risks With Early Detection

### Self-monitoring:<sup>7</sup>

It is important for you to know you can take control of your own health. While many individuals are asymptomatic, some experience symptoms that can be associated with an enlarged prostate (benign prostatic hyperplasia or BPH).<sup>8</sup> You should alert your doctor immediately if you experience:



- › Changes in the frequency of your urination
- › Blood in your urine or semen
- › Difficulty starting urination
- › Erectile dysfunction

### Screening:<sup>9</sup>

It is also important for you to be aware of risk factors and to start talking to your doctor about when a regular screening schedule is needed and types of screening, including:



- › **Prostate-specific antigen (PSA) blood test** – tests for elevated PSA in the blood
- › **Digital rectal examination (DRE)** – tests for irregularities in the surface of the prostate\*\*

## Questions to Ask Your Doctor About Prostate Cancer<sup>10</sup>

After age 40, it is recommended that you talk to your doctor regularly about prostate cancer. Here are some questions to ask:



- › How do I know if I am at higher risk for developing prostate cancer?
- › What are some signs of prostate cancer I should look out for?
- › When should I start receiving regular screenings for prostate cancer and how often should I receive them?
- › What are my screening options? What are the benefits/disadvantages of each?
- › What are some measures I can take to protect the health of my prostate?

## Questions to Ask Your Doctor After a Diagnosis



- › What are my treatment options?
- › What are the benefits/disadvantages of each treatment option?
- › What are the risks and side effects associated with each treatment option? How do we manage those risks?
- › What is the recovery process like for each treatment option?

\*Studies referenced are binary. For more information on prostate cancer in the trans community, visit: <https://prostatecanceruk.org/prostate-information/are-you-at-risk/trans-women-and-prostate-cancer>

\*\*DRE is shown to be less effective than a PSA test but can sometimes find cancers in men with normal PSA levels

### References

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