



PROSTATE CANCER: THE NEED TO KNOWS

Prostate cancer is the most common cancer among men in the US. We've pulled together the essential info every man needs to know.

FAMILY HISTORY

DNA is a big factor when it comes to a man's risk of prostate cancer. If his father or brother has experienced prostate cancer, a man is 2.5x more likely to be diagnosed than someone who has no family history of the disease.

EARLY DETECTION

Catching prostate cancer early is key. When detected in its early stages, the five-year survival rate is 98%. When found late, the survival rate drops to 26%.

TAKE ACTION

To give yourself every chance against prostate cancer, talk to your doctor **at age 50** about PSA testing,

a routine blood test that can help identify a prostate problem.

Have this conversation **at age 45** if you're of African or Caribbean descent, or if you have a family history of the disease.

TALKING PROSTATE

It's not always easy to launch into a conversation with your dad, brother or family about your prostate or prostate cancer. Here are a few tips to get the conversation ball rolling.

01

Talk about it while you're doing an activity together. It can be much easier to broach sensitive or difficult subjects while you're engaged in an activity.

02

Bring up the stats: 1 in 8 men in the US will be diagnosed with prostate cancer in their lifetime. Ask your dad/brother/uncle/whoever if they

know anyone who's been impacted by the disease.

03

Throw in a fact: did you know the prostate gland is about the size of a walnut, and it tends to get bigger as we age? Now you do.

04

Pin it on us. Make it part of a bigger conversation about Movember's mission to change the face of men's health. Change starts with a conversation – why not start yours?

If you or someone you know has been diagnosed with prostate cancer, there's a wealth of useful information available at True North, a Movember-funded platform designed to improve quality of life throughout the prostate cancer journey.

Go to truenorth.movember.com