



PROSTATE CANCER: THE FAMILY CONNECTION

DID YOU KNOW...

That a family history of prostate cancer more than doubles your risk of getting the disease?

Prostate cancer is the 2nd most common cancer in men. And, if your father or brother has had it, your risk is 2.5x higher than men with no family history.

Early detection is key when it comes to prostate cancer.

When detected early, prostate cancer survival rates are better than 98%. Find it late, and those survival rates drop below 26%.

That's why it's important to know your background and take action if you're at higher risk.

FIND IT AWKWARD TO TALK ABOUT YOUR PROSTATE?

We get it. Here are some tips to get the conversation started:

Bring up the stats. 1 man in 9 will be diagnosed with prostate cancer in the US. Ask if they know anyone who's been affected.

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Talk about it while you're doing something together. It's much easier to start an uncomfortable conversation while doing an activity.

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Use it as a chance to show off your smarts by sharing some prostate facts.

01
Only men have a prostate gland

02
The prostate gland is about the size of a walnut (and it tends to get bigger as you age)

03
The prostate's main job is to produce semen

—
Pin it on Movember. Bring it up as part of a bigger conversation about men's health and why you support Movember.

WHAT TO DO NEXT

If you do have a family history, you should start talking to your doctor about prostate cancer at **age 45**.

African American men should talk to their doctor starting at **age 45** as well, as your risk is also increased.

At 50, all men should be talking to their doctor about prostate cancer and PSA testing, which is a routine blood test that can help identify a prostate problem.

If you, a family member or friend has been diagnosed with prostate cancer, check out TrueNTH, a Movember initiative that aims to improve quality of life throughout the prostate cancer journey.



Find out more about prostate cancer and Movember at

MOVEMBER.COM/PROSTATE-CANCER