



What to know about prostate cancer



4 ways to decrease your risk

What to expect during your screening

8 symptoms to watch for



How to find support after a diagnosis



What is prostate cancer?

Your prostate is part of your reproductive system. The small gland is located right below the bladder. Its main job is to make the fluid that nourishes and transports sperm. When abnormal cells begin to grow in the gland, they may develop into prostate cancer.

It's hard to catch prostate cancer early, but you can still screen for symptoms such as these:

- ✓ **Constant urge to urinate, especially at night**
- ✓ **Difficulty peeing or weak flow**
- ✓ **Painful urination**
- ✓ **Blood in urine or semen**
- ✓ **Painful ejaculation or erectile dysfunction**
- ✓ **Weakness or numbness in the lower body**
- ✓ **Pelvic pain or discomfort**

If you have some of these signs, don't panic. There are other conditions that have similar symptoms.

Talk to your doctor to find out what may be causing them.

What are the risk factors?

As you get older, it's important to know what might increase your risk of getting prostate cancer.



1

Family history

“If you have a close relative – such as a father or brother – who has prostate cancer, you’re two to three times more likely to get it,” says Glen McWilliams, MD. He’s part of the National Medical Association and a urologist in the Bronx, New York.

2

Genes

There are two genes known as BRCA 1 and BRCA 2. Women with mutations of these genes have a higher risk for breast cancer. And men with mutations of these genes have a higher risk for prostate cancer, says Dr. McWilliams.

3

Ethnicity

Prostate cancer is more common in Black or African American men, especially after age 50. Overall, they are twice as likely to develop prostate cancer compared to White men. And about one out of six Black or African American men will be diagnosed with the disease in their lifetime.

4

Age

The older you are, the higher your risk. Most cases are found in men in their mid-60s. The chance of having the disease by that age is more than 50 percent. But the good news is if you catch prostate cancer early enough, the survival rate is high. So do your best to stay on top of your screenings.

How to help prevent prostate cancer

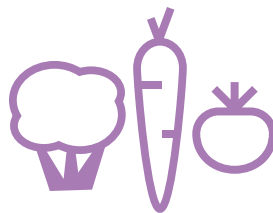
You can't control your family history, ethnicity or getting older. But you can change everyday behaviors that increase your risk of prostate cancer. "Maintaining healthy behaviors offers benefits to your immune system, which helps fight off any type of cancer," says Glen McWilliams, MD. Here are some ideas to build a strong immune system.



Stay on top of annual checkups

An annual checkup can help you reach your health goals. It's also a good time to discuss prostate cancer screenings.

Make an appointment if it has been a year or more since your last checkup.



Eat fruits and vegetables

They have antioxidants, which help slow the growth of cancer cells.



Maintain a healthy weight

Men who are overweight have a harder time beating prostate cancer.



Get 30 minutes of exercise five times a week

Regular exercise can reduce inflammation and improve immune function. Both help prevent cancer.



Quit smoking

Tobacco has chemicals that damage your cells and can cause cancer.

How is prostate cancer found?

The only way to know if you have prostate cancer is through screenings. Your doctor will suggest the best screening for you. Here's what to expect.



A blood test

This simple test measures your level of prostate-specific antigen (PSA). A man with a healthy prostate typically has a low amount. But higher levels can signal that something may be wrong.

A physical exam

A digital rectal exam (DRE) is a physical exam of your prostate. Your doctor inserts a finger into your rectum. This lets them check the area for lumps or bumps.

If your doctor does the first two tests (antigen and DRE) and finds something, then they will suggest one of these follow-up tests.

An image of your prostate

An MRI uses a powerful magnet and radio waves to take pictures of your prostate.

Biopsy

Your doctor removes a small piece of tissue from your prostate and checks it for cancer cells.

Additional blood tests

Known as a 4K score, this blood test checks for four proteins that can identify prostate cancer.



I have prostate cancer. What's next?

Treatment depends on what stage of cancer you have. The sooner the disease is caught, the less treatment you may need. For example, early-stage prostate cancer often means simply monitoring your symptoms through regular blood tests. If it's a later-stage disease, your doctor might take a more active approach. This may include treatments such as:

Chemotherapy

These medications can help kill cancer cells.

Cryotherapy

Your doctor freezes the cancer cells.

Hormone therapy

Certain hormones can fuel cancer growth. Hormone therapy stops your body from making them.

Immunotherapy

These medications help deter cancer cells.

Targeted therapy

This involves taking medications that can zero in on cancer cells, leaving healthy cells alone.

Immunotherapy

These medications help deter cancer cells.

Prostatectomy

This surgery removes all or part of your prostate.

Radiation

High-energy waves are used to kill your cancer cells.



Having an Aetna® Dual-Eligible Special Needs Plan, or D-SNP, makes it easy to stay on top of your prostate cancer screenings.

- Prostate cancer screenings are covered by all Aetna D-SNPs.
- Members have a dedicated care team who can help them find an in-network doctor and schedule appointments.
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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at https://ocrportal.hhs.gov/ocr/cp/complaint_frontpage.jsf.

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 - ✓ Qualified interpreters
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Aetna Medicare Preferred Plan (HMO D-SNP)
Aetna Medicare PO Box 7405 London, KY 40742
1-860-409-1221 [TTY/TDD 711 [California Relay 711]

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- **By phone:** Contact *Aetna Medicare Grievances* between 8 AM and 8 PM, 7 days a week, by calling 1-866-409-1221. Or, if you cannot hear or speak well, please call [TTY/TDD 711].
- **In writing:** Fill out a complaint form or write a letter and send it to:
Aetna Medicare Grievances
PO Box 14834 Lexington, KY 40512
- **In person:** Visit your doctor's office or *Aetna Medicare Preferred Plan (HMO D-SNP)* and say you want to file a grievance.
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You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **916-440-7370**. If you cannot speak or hear well, please call **711 (Telecommunications Relay Service)**.
- **In writing:** Fill out a complaint form or send a letter to:
Deputy Director, Office of Civil Rights
Department of Health Care Services
Office of Civil Rights
P.O. Box 997413, MS 0009
Sacramento, CA 95899-7413

Complaint forms are available at http://www.dhcs.ca.gov/Pages/Language_Access.aspx.

- **Electronically:** Send an email to CivilRights@dhcs.ca.gov.

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- **By phone:** Call **1-800-368-1019**.
If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- **In writing:** Fill out a complaint form or send a letter to:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

- **Electronically:** Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

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