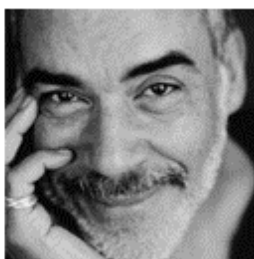




Show Love on Father's Day

Father's Day is Sunday, June 21. Show the fathers in your life that you care by reminding them to [speak to their primary care providers](#) about preventive health screenings, including prostate cancer screening.



Besides some forms of skin cancer, prostate cancer is the most common cancer in men, regardless of race or ethnicity. The older a man is, the greater his chance for developing prostate cancer. Men are also two to three times more likely to develop the disease if they have a father, brother, or son who has had prostate cancer.

The two most common screening methods for prostate cancer include the digital rectal exam (DRE) and the prostate specific antigen test (PSA). According to the U.S. Preventive Services Task Force, currently, there is insufficient evidence to recommend for or against routine screening for prostate cancer using these two tests. Instead, the Centers for Disease Control and Prevention (CDC) recommends [informed decision-making](#). Informed decision making occurs when a man:

- Understands the nature and risk of prostate cancer.
- Understands the risks of, benefits of, and alternatives to screening.
- Participates in the decision to be screened or not at a level he desires.
- Makes a decision consistent with his preferences and values.

USFHP recommends an ongoing conversation with your primary care provider in order to determine if prostate cancer screening is right for you.

Resources:

Information about Prostate Cancer from the CDC
<http://www.cdc.gov/cancer/prostate/basic%5Finfo/>

Overview: Prostate Cancer from the American Cancer Society
http://www.cancer.org/docroot/CRI/CRI_2_1x.asp?dt=36

Prostate Cancer Foundation <http://www.prostatecancerfoundation.org/>