

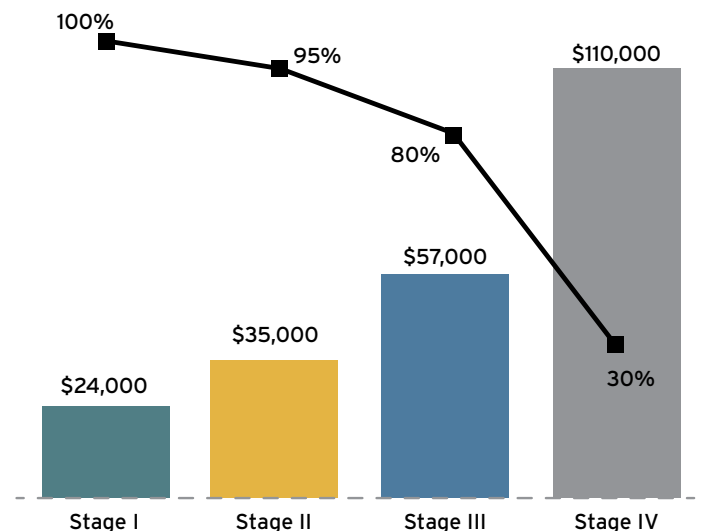
# Prostate cancer remains a major health issue for men, particularly among those with higher risk factors.



## Prostate Cancer Statistics

- **1 in 8 men** will be diagnosed with prostate cancer during their lifetime. **1 in 44 men** will die from it.
- In 2025, an estimated **299,010 men** will be diagnosed with prostate cancer - making it the 2nd most common cancer in men after skin cancer.
- This year, an estimated **35,250 men will die** from prostate cancer.

## Prostate Cancer Costs and Survival Rates by Stage



The costs on the graph reflect what is typically paid for comprehensive treatment in the **first year** and include surgery, chemotherapy, radiation, hormone therapy, targeted drugs, and related care. These figures represent commercial insurance-allowed costs and patient out-of-pocket costs.



### **Disparities:**

- Black men have ~70% higher incidence and 2x higher mortality than White men.

### **Modifiable Risk Factors include:**

- High fat diets; low intake of fruits, vegetables and fiber increase risk
- Obesity (higher BMI), high waist circumference and stomach fat increase risk
- Hyperglycemia and insulin resistance (diabetes) increases risk
- Physical inactivity
- Smoking
- Alcohol use (even moderate intake increases risk)

## **American Cancer Society Recommended Prostate Cancer Screenings:**

- **PSA blood test ± Digital Rectal Exam (DRE)**
  - Age 50 for men at average risk (and life expectancy ≥10 years).
  - Age 45 for high-risk men (African American or first-degree relative diagnosed before 65).
  - Age 40 for very high risk (multiple first-degree relatives with early prostate cancer).
- **Frequency:**
  - If PSA <2.5 ng/mL every 2 years.
  - If PSA ≥2.5 ng/mL annually.