

Prostate Cancer

According to the American Cancer Society, prostate cancer is the most common cancer (excluding skin cancer) among American men. Prostate cancer originates in the prostate gland, a male genital gland located in front of the rectum. Approximately one out of every five men will develop this disease in his lifetime.

LifeQuest offers free PSA (prostate specific antigen) testing for all City of Gainesville employees.

Risk Factors:

- **Age** - More than 80% of all prostate cancer cases are found in men over 65
- **Race** - African-American men have the highest risk of developing this form of cancer
- **Genetics** - Seems to be some familial tendency (research is still being done)

The best defense a man has is **EARLY DETECTION**. The earlier prostate cancer is discovered, the better the chances that it can be treated effectively.

American Cancer Society Recommendations:

- **Men over 40 years old:** Have a digital rectal exam as part of your regular annual physical.
- **Men over 50 years old:** Have an annual PSA (prostate specific antigen) blood test in addition to the annual digital rectal exam.

Recommended Websites

- [American Cancer Society](#)
- [National Cancer Institute](#)
- [The Prostate Cancer InfoLink](#)
- [American Foundation for Urologic Disease](#)
- [Association for the Cure of Cancer of the Prostate](#)
- [National Coalition for Cancer Survivorship](#)
- [National Prostate Cancer Coalition](#)