

# the steps to action\*

25-34

35-39

40+

## 1 Know your family history

*1 in 6 Canadian men will be diagnosed with Prostate Cancer. This ratio at least doubles when a direct relative (father or brother) have been diagnosed. Men of African ancestry are 60% more likely, facing 1 in 4 odds.*



## 2 Know Prostate Cancer's symptoms

*Symptoms include: a need to urinate often, an inability to urinate, an urgency to urinate, difficulty in starting or stopping the flow of urine. Consult your doctor if ANY are present.*



## 3 Annual Digital Rectal Exam (DRE)

performed by your family doctor



*Based on family history and ancestry, consult your doctor.*



## 4 PSA blood test (Prostate Antigen measurement)

arranged through your family doctor



*Based on family history and ancestry, consult your doctor.*



*Baseline test at 40. Dependent on results & risk factors, again at 45 and annually from 50-70.*