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## What is the Prostate?

The prostate is a walnut sized gland only men have. It is a part of the reproductive system that makes fluid that carries sperm.

## What is Prostate Cancer?

Prostate cancer is made up of cells that do not grow normally. The cells divide and create new cells that the body does not need, forming a mass of tissue call a tumor. These abnormal cells sometimes spread to other parts of the body, multiply, and can cause death.

## What are Risk Factors?

**Age**—your chances of being diagnosed with prostate cancer increases with age—2 out of every 3 cases of prostate cancer are found in men over the age of 65 years.

**Race**—prostate cancer is more commonly diagnosed in African Americans than any other racial or ethnic group.

**Family History**—prostate cancer runs in families. Your chances of prostate cancer increases if an immediate family member (father, brother, son) was diagnosed.

**Diet**—Men who eat a lot of red meat or high fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables.

## When Should you get Screened?

The American Cancer Society believes that doctors should:

1. Offer the PSA blood test and DRE (digital rectal exam) yearly, beginning at age 50 to men who do not have any major medical problems and can be expected to live at least 10 more years.
2. Men at high risk should begin testing at age 45. Men at high risk include African American men and men who have a close relative (father, brother, or son) who had prostate cancer before age 65.
3. Men at even higher risk (because they have several close relatives with prostate cancer at an early age) could begin testing at age 40. Depending on the results of the first tests, they might not need more testing until age 45.