What is a family health history?
A family health history is a portrait of the shared lives and health of your extended family.

Screening recommendations

... for individuals WITH A FAMILY HISTORY of prostate cancer

Digital rectal examination (DRE) and prostate-specific antigen (PSA) screening should begin at age 45 for men with a first-degree relative (father, brother, or child) diagnosed with prostate cancer before 65 years of age. If a man has more than one first-degree relative diagnosed before age 65 he can begin screening at age 40.

Men with a family history (first-degree relatives) of prostate cancer (especially cancer found at a younger age) should be offered a PSA and DRE and start risk benefit discussions with his health care provider at age 40.

... for individuals WITH NO KNOWN FAMILY HISTORY of prostate cancer

The prostate-specific antigen (PSA) blood test and the digital rectal examination (DRE) should be offered annually, beginning at age 50. The primary screening tool should be the DRE.

If the DRE is negative there is no need to have a PSA, but the PSA should be offered as an option.
Prostate cancer risk factors and what you can do about them

**Things you can change**

- **Diet:** A diet high in red meat and high-fat dairy products increases risk

**Things you can’t change**

- **Family history:** Having a father or a brother with prostate cancer more than doubles a man’s risk of developing this disease. The risk increases with the number of affected relatives, particularly if their relatives were young at the time of diagnosis.
- **Age:** Risk increases after age 50
- **Nationality:** Prostate cancer is most common in North America and northwestern Europe
- **Race:** African-American men are at greater risk

What can you do if you have a family history of prostate cancer?

- Eat a balanced diet including fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean meats
- Make a plan to preserve your health
- Get earlier screening with PSA and DRE
- See your health care provider for regular screening
- Talk to your health care provider about your family health history of cancer
- Follow the advice of your health care provider

Sources

- American Cancer Society, www.cancer.org
- National Cancer Institute, www.cancer.gov

If you require this document in another format, such as large print, Braille or cassette tape, call 651-201-3609.