

# WALK FOR HIM

Men's Health Week  
9 – 15 June



**1 in 5 men**

are likely to be diagnosed with prostate cancer in their lifetime.


## Risk Factors

There are four known risk factors for prostate cancer:

1. Age 40+
2. Family history (father/brother diagnosed)
3. Genetics (BRCA1/2)
4. Ethnicity (African ancestry)

Your risks of prostate cancer increase as you age. Around 70% of men diagnosed are aged over 65, but it is not just an “old man’s” disease.

More than 7,000 men under the age of 65 are diagnosed with the disease in Australia every year.



**A simple PSA blood test is our first-line defence in the early detection of prostate cancer.**

**If we detect prostate cancer early, the five-year survival rate is almost 100%.**

**Without PSA testing for prostate cancer, you risk a late diagnosis.**



Prostate Cancer  
Foundation of Australia

## Do I need to test if I have no symptoms?

**Yes.** Prostate cancer does not have symptoms when the disease first develops, which means the PSA blood test is an important screening tool.

1 in 5 Australian men are likely to be diagnosed with prostate cancer in their lifetime. All men are at risk as they age.

## Understanding your test results

If your PSA rises quickly between tests, or increases to above 3 ng/ml, your doctor will refer you to a specialist for more tests.

If you have symptoms of prostate cancer, such as changes in frequency of urination, and a PSA less than 3 ng/ml, ask your doctor about secondary screening methods, such as an MRI.

## When should you start testing?

If you have a family history or genetic risk of prostate cancer, talk to your doctor about testing from the age of 40.

If you have no family history, talk to your doctor about testing from the age of 50.

## The Facts



**26,368**  
men diagnosed  
each year



**3,901**  
men die annually



**95.8%**  
five-year survival

### Got questions?

Give us a call today.

 1800 22 00 99

 [prostate.org.au](http://prostate.org.au)

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Take strides to save lives this Men's Health Week.  
Sign up and walk the walk.

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