PROSTATE CANCER
What you need to know.

**What**
Prostate is the 2nd most common cancer in men.

**Why**
90% of prostate cancer is slow growing but aggressive forms can be dangerous.

**How**
Genetic testing can improve prostate cancer treatment and diagnosis.

**When**
Screening can start at 40 to 50 yrs old depending on risk and family history.

**FACTS:** 12% of the male population is at risk of prostate cancer

- **90%** of prostate cancer is slow growing & local.
- **10%** are dangerous & can spread.

**Signs and Symptoms of Prostate Cancer**

*Signs of prostate cancer may be very similar to other health problems:*

- Frequent urination and urge to urinate.
- Low or interrupted urine flow.
- Blood in urine.
- New onset erectile dysfunction.
- Discomfort when sitting.
- Pain in bones and joints.
- Swelling in legs.
- Fatigue.
- Change in bowel habits.

**Genetics in Prostate Cancer**

- All cancer is genetic, it is always caused by changes to DNA.
- The DNA changes in the cancer itself can help guide treatment decisions.
- If someone is diagnosed with prostate cancer, it is important that all DNA changes are tested to avoid harmful treatments.
- Some prostate cancer is inherited, meaning DNA changes are passed through families.
- Ask about your family history and talk to your doctor about risk for inherited prostate cancer.

The decision to screen for prostate cancer is one you should make with your doctor.

Source: American Cancer Society and National Cancer Institute

Source: American Society of Clinical Oncologists and American Cancer Society
What can you do?

Be Proactive
Pay attention and be proactive about your health.

Screen
If you are of age, get all the screening your doctor recommends.

Test
If you have cancer diagnosed, ask if all genetic biomarkers have been tested.

SUGGESTED DOCTOR VISIT CHECKLIST FOR CANCER SCREENING OR DIAGNOSIS

- Know your insurance carrier and what plan you have
- Bring a list of current medications
- Identify any symptoms you want to discuss
- Make a list of things you want to discuss and questions you have
- Prepare your family history of cancer: who is affected, what cancer was it, when did they get cancer
- Communicate symptoms and family history clearly
- Explore screening options
- Take notes of the plan and recommendations
- If any testing is recommended, ask about options and completeness
- Before testing is done, verify if insurance will cover it and under what circumstances
- Confirm and clarify the plan at the end of the visit
- Confirm when the next visit should happen
- Confirm what number to call to check test results and when they are expected
- Identify support resources for you and your family

Questions to consider asking your doctor

- What can I do to lower my risk of cancer?
- Should I see a genetic counselor?
- So, you have done a biopsy. Is this sample going to be tested for genetic changes?
- Am I a candidate for liquid biopsy?
- Before we start treatment, have all the genetic markers been tested?
- What are the side effects of this treatment?
- Are there any reasons I shouldn’t receive this particular treatment?
- What can I do now to put a plan in place if I am diagnosed with cancer?

Have questions?
Contact us at cancer@guardanthealth.com

For more information visit:
American Cancer Society at Cancer.org
American Society of Clinical Oncologists at Cancer.net

This educational information is brought to you as part of the Guardant Health Cancer Wellness Program. This program is committed to educating employers and their employees about important topics related to cancer.