



READY TO TALK THAT TALK™? ASK YOUR DOCTOR ABOUT PROSTATE CANCER SCREENINGS

Well done. We've started the conversation around prostate cancer (PC), but let's make sure we're doing our part to help protect our health. **We already know that our talk is only as good as our walk.**



THE THING IS, SCREENING IS THE MOST EFFECTIVE WAY TO CATCH PROSTATE CANCER EARLY.

Talking with our doctors about PC screenings can allow us the chance to catch it before further complications develop. And when caught early, PC could be easier to address. Your doctor might first recommend a simple blood test.

In fact, as Black men, we have a **96 percent survival rate** for PC. Here's the action we can take right now.

#1

LEARN ABOUT OUR HIGHER RISK AS BLACK MEN

ABOUT 37% OF NEW CANCER CASES IN BLACK MEN WILL BE PROSTATE CANCER.

- > We are more likely to be diagnosed with PC at a younger age than other men.
- > We are more likely to be diagnosed with late-stage PC than other men.
- > And we are twice as likely to die of PC than most other men.

THERE ARE DIFFERENT REASONS FOR THE HIGHER RATES OF PC IN OUR COMMUNITIES, BUT TWO OF THEM ARE:

- > Our awareness of PC screenings
- > Our access to quality medical care

We can change things when we **Talk That Talk** about PC.



#2

TALK THAT TALK AT 45

When it comes time to screen for prostate cancer (PC), remember: **The Guide Is 45**. The National Comprehensive Cancer Network recommends that most Black men start talking to their doctors about PC screenings at age 45. Still, Black men with a family history of cancer should begin those conversations as early as **40**.



TALK THAT TALK WITH YOUR DOCTOR FOR SCREENING ADVICE BASED ON YOUR MEDICAL HISTORY.

How frequently should you get screened? When you **Talk That Talk** with your doctor, they may recommend screening with a prostate-specific antigen (PSA) blood test about every two years.

#3

TALK ABOUT THE PSA BLOOD TEST AT YOUR NEXT APPOINTMENT

A PSA screening is a simple blood test that detects prostate-specific antigen (PSA) — a protein found in higher amounts in men with prostate cancer.

PSA screenings can be included in routine physicals or yearly doctor exams. Even if your doctor doesn't initially offer you a PSA exam, **Talk That Talk** and speak up for one.



WHEN WE KNOW OUR NEEDS, WE SHOULD SPEAK UP AND ADVOCATE FOR THEM.

If your PSA results are elevated after your first screening, your doctor may want you to retake a PSA test before suggesting other methods, like the **digital rectal exam** (DRE). A DRE is an exam where your doctor inserts a gloved finger into your rectum to check your prostate for changes in size, shape, texture, or anything unusual that the PSA blood test can't show.

Your doctor might also recommend one of the newer prostate cancer screening tests available.

We protect our health when we **Talk That Talk** and screen for prostate cancer.

#4

KEEP TRACK OF YOUR PSA LEVELS

What's your PSA level? -----

WHEN IT COMES TO YOUR PSA TEST RESULTS, THERE ARE RANGES TO LOOK OUT FOR:

- > **0 — 0.9 ng/mL:** This range is normal. **Talk That Talk** with your doctor about PSA screening every two to four years.
- > **1.0 — 3.0 ng/mL:** This range is normal. Continue to get PSA blood tests about every one to two years, and track if your levels increase over time.
- > **3.1 — 10.0 ng/mL:** This range is above normal and requires further testing and follow-up. Your doctor can refer you to a urologist, a specialist who will be able to confirm if you have PC. Anything beyond this range should be discussed with your doctor immediately.

National Comprehensive Cancer Network (NCCN) 2022 Early Screening Guidelines

It's important to remember that a PSA test is a tool that can tell you about the health of your prostate. **Talk That Talk** with your doctor about elevated PSA levels to understand what it means for you and if you need additional tests.

Explore. Connect. Be Heard.
You don't have to navigate your prostate health alone.

Talk That Talk is a community that helps Black men learn more about their prostate health and connect with others who have similar experiences.

Sharing our stories and supporting each other is one of the best ways to tackle the effect of prostate cancer on Black men.

Come, **talk your talk**.

Talk That Talk on Facebook & Instagram at @talkthattalktime.