

Early detection can save your life



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What You Should Know About Prostate Cancer



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Prostate cancer is one of the most common cancers in American men.

It occurs when abnormal cells develop in your prostate gland, located below your bladder, in front of your rectum.

Are You at Risk?



Anyone can get prostate cancer, but some men may be more at risk than others. Your risk of prostate cancer increases if you:

- are over 55
- are African American
- have a father, brother or grandparent who has had prostate cancer
- have a family history of breast and ovarian cancer
- are overweight or obese

Signs and Symptoms

Sometimes prostate cancer has no symptoms. When symptoms occur, they can include:

- trouble starting or stopping the flow of urine
- frequent urination
- frequent, urgent need to pass urine, even when there is only a small amount
- less urine flow
- burning during urination
- chills and high fever
- low back pain or body aches
- pain low in the belly, groin or behind the scrotum
- sexual problems and loss of sex drive

Keep in mind that men can have prostate changes that cause symptoms like those above but aren't because of cancer. **Tell your Primary Care Provider (PCP) if you have any of these symptoms.**

When To Get Screened

In many cases, prostate cancer can be treated successfully if caught early. That's why getting screened is so important. **In general, it's recommended for men 45 and older to be screened for prostate cancer every year.** Tell your doctor about your risk factors to find out if you need to be screened sooner.

Your TRS-ActiveCare plan covers preventive screenings at no cost through in-network providers and facilities.



Don't have a PCP? Use [Provider Finder](#)® to find one. If you need help finding a provider or scheduling an appointment, talk to a Personal Health Guide. Chat in the BCBSTX App or call **1-866-355-5999**, 24/7.

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www.bcbstx.com/trsactivecare



Sources:

[Prostate Cancer – Early Stage](#), American Urological Association

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1001 E. Lookout Drive, Richardson, TX 75082

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