

# Over 200,000 Australian men are living after a diagnosis with prostate cancer

#GetChecked

## MYTH 1



**ONLY OLD BLOKES  
GET PROSTATE CANCER**

## BUSTED

Age and risk of developing prostate cancer are related. However, there are other factors like genetics, family history, diet and lifestyle that can play a role. If you are a man over 50 (or 40 with a family history of prostate cancer) talk to your doctor about your prostate health.

## MYTH 2

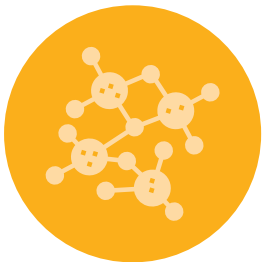


**MEN DON'T DIE OF  
PROSTATE CANCER**

## BUSTED

Whilst approximately 95% of people diagnosed with prostate cancer survive for at least 5 years, around 3,500 Aussie men still die of prostate cancer annually. Prostate cancer is estimated to be the 2nd most common cause of death from cancer in Australian men. If diagnosed early, the chances of a cure are higher.

## MYTH 3



**ALL PROSTATE CANCERS  
ARE THE SAME**

## BUSTED

Research has shown that there are 29 types of prostate cancer. Prostate cancer can be indolent, harmless or of an aggressive nature. It can be contained within the prostate gland, spread to adjacent organs or to other parts of the body. Therefore, treatment for each of these cancers is different. For best outcomes, speak to your doctor about your diagnosis and prostate cancer treatment choices.

## CONVERSATIONS CAN SAVE LIVES

If you are a man over 50 (or 40 with a family history) please talk to your GP about your prostate health.

[pcfa.org.au/getchecked](http://pcfa.org.au/getchecked)

Even if you are not experiencing any symptoms, if you have any concerns, book an appointment with your doctor today.



Prostate Cancer  
Foundation of Australia  
#getchecked

# 1 in 7 Australian men

will be affected by prostate cancer

#GetChecked

## MYTH 4



**IF I TALK TO MY GP ABOUT MY PROSTATE HEALTH, IT WILL LEAD TO A FINGER EXAM**

## BUSTED

A Digital Rectal Examination (DRE) is no longer the recommended first line test for prostate cancer. If you decide to get tested, then it is likely to be a simple blood test known as PSA test. If PSA is elevated, your GP will recommend other tests to confirm a diagnosis of prostate cancer such as a biopsy and a Magnetic Resonance Imaging.

## MYTH 5



**IF MY PSA IS HIGH THIS MEANS I HAVE PROSTATE CANCER**

## BUSTED

A PSA test is not a cancer test. Prostate Specific Androgen is a protein produced by the prostate. When there is a problem with the prostate, more PSA is released in the body, and a PSA test is used to detect PSA levels in the blood. Higher than normal levels can be an indication of other medical conditions, such as an enlarged prostate or an infection in the prostate.

## MYTH 6



**IF I AM DIAGNOSED WITH PROSTATE CANCER, I MUST HAVE MY PROSTATE REMOVED**

## BUSTED

Surgery is only one of the treatment options available for localised prostate cancer. Knowledge is power. Your specialist will talk with you about your treatment options, based on your individual diagnosis. If not sure, get a second opinion. Getting a second opinion enables you to learn more about your cancer type and make the best-informed decisions about treatment.

## CONVERSATIONS CAN SAVE LIVES

If you are a man over 50 (or 40 with a family history) please talk to your GP about your prostate health.

[pcfa.org.au/getchecked](http://pcfa.org.au/getchecked)

Even if you are not experiencing any symptoms, if you have any concerns, book an appointment with your doctor today.



Prostate Cancer  
Foundation of Australia  
#getchecked