

# Prostate Cancer Information

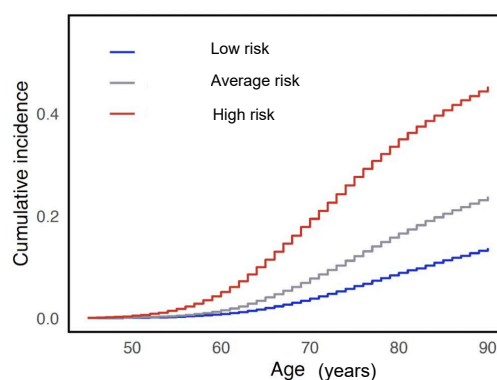
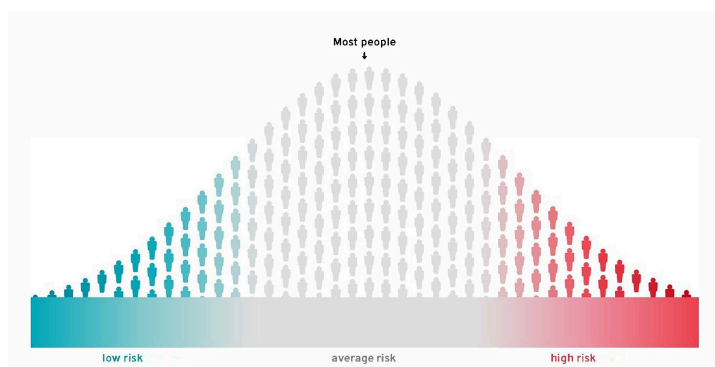
## What is prostate cancer?

Prostate cancer is a disease in which cells in the prostate grow out of control. Prostate cancer is one of the most common cancers in men. All men are at risk for prostate cancer, and the older a man gets, the larger the chance of getting prostate cancer. Prostate cancer can be slow-growing or aggressive. Slow-growing cancer sits in the prostate without spreading, while aggressive prostate cancer grows more quickly and can spread to other parts of the body and even cause death.

## What is a polygenic risk score?

A polygenic risk score is a genetic test that takes into account hundreds of genetic variants to estimate the risk to develop a disease. People with a high score are more likely to develop prostate cancer, while people with a low score are less likely to develop prostate cancer.

Lifetime risk of prostate cancer by P-CARE risk category\*



\*Based on risk among participants in the Million Veteran Program

## What is the P-CARE model?

The Prostate CAncer integrated Risk Evaluation (P-CARE) model combines your polygenic risk score with information from your family history and genetic background. It predicts your risk of prostate cancer. Having a high P-CARE score means you might be at high risk for developing prostate cancer in the future, including metastatic and lethal prostate cancer.

## What are other risk factors for prostate cancer?

Risk factors for prostate cancer include age, race/ethnicity, smoking history, diet, and environmental and other exposures. The P-CARE model includes genetic factors but does not include environmental or healthcare factors.

## How do race and ethnicity impact prostate cancer risk?

Black/African-American men have double the risk of developing prostate cancer compared to White men. Some of this increased risk may be due to genetic factors, access to healthcare, socioeconomic status, and lifestyle factors.

## How is prostate cancer detected and treated?

The prostate specific antigen (PSA) test is a blood test that is used to screen for prostate cancer. If a patient's PSA result is abnormal, it is usually repeated to confirm the result. If the PSA remains abnormal, a doctor may recommend a prostate MRI to look for signs of cancer. Some patients may then require a prostate biopsy, the standard procedure used to diagnose prostate cancer.

Some prostate cancers do not need to be diagnosed or treated. If a prostate cancer is slow growing, it is safe for it to be monitored over time. More aggressive prostate cancers that are detected at an early stage may be cured with surgery and/or radiation therapy. Late-stage cancers may require treatment with medical therapy

## What does this mean for my family members?

Your family members (parents, siblings, children) may consider speaking to their own doctors about genetic testing and/or screening for prostate cancer based on their own personal risk factors.