



Prostate Cancer

EDUCATION & RESOURCE GUIDE



SPONSORED BY  AURORA INTEGRATED ONCOLOGY FOUNDATION

What's in this guide?

This guide contains essential information about prostate health, screening recommendations, risk factors, understanding PSA test results, and resources for support and care. Whether you're considering screening for the first time or have received abnormal results, this guide is designed to help you make informed decisions about your prostate health.

REMEMBER: Regular screening and early detection are your best defense against prostate cancer. Share this guide with friends and family members - your advocacy could save a life.

FREE PSA Screening

EARLY DETECTION SAVES LIVES

Alaska Health Fair, Inc., in partnership with Aurora Integrated Oncology Foundation and Alaska Men's Run, is proud to offer free PSA (Prostate-Specific Antigen) screening tests at health fairs across Alaska. This statewide initiative makes prostate cancer screening accessible to Alaskans throughout our communities—from the North Slope to Southeast Alaska.

HOW THE PROGRAM WORKS:

- 1 Find a health fair near you** and simply show up! No appointment necessary; visit www.alaskahealthfair.org for the listing of events.
- 2 Complete a Risk Assessment** – Visit the Alaska Men's Run or Alaska Health Fair (AHF) education booth to complete a simple prostate cancer risk assessment.
- 3 Receive Your Free PSA Test** – If your risk assessment indicates screening would be beneficial, you'll receive a coupon for a free PSA blood test, processed through our partner laboratory.
- 4 Get Your Results** – Your PSA results will be mailed directly to you.
- 5 Professional Follow-Up** – If your results are abnormal, an AHF nurse will contact you personally to encourage follow-up with your primary care provider (PCP) and provide you with additional resources and support.

NOTE: One of the key roles of primary care is health promotion and disease prevention. PCP's focus on educating patients about healthy lifestyle choices, conducting regular health screenings, and providing vaccinations. This proactive approach helps to identify potential health issues early, reducing the risk of more serious conditions developing later.

Prostate cancer is the most commonly diagnosed cancer among American men after skin cancer. When caught early, more than 99% of people diagnosed with prostate cancer today will be alive in five years.

Who should get tested, and when?

EVERYONE BORN WITH A PROSTATE should understand their personal prostate cancer risk:

- ✓ Men of African descent, military personnel/Veterans, and those with a family history of cancer should consider having their PSA tested at age 40 and rechecked every other year.
- ✓ Other men should consider having their PSA tested at age 45 and rechecked every other year.
- ✓ We encourage you to share this opportunity with your loved ones—it might save their life.


Expedited care for abnormal PSA results

If you receive an abnormal PSA result, timely follow-up is critical.

While typical wait times for appointments can extend to several months, some providers offer expedited consultations for concerning results.



Anchorage Radiation Oncology Center offers rapid-access appointments for individuals with abnormal PSA results who need prompt evaluation.

 (907) 562-2002

 188 W Northern Lights Blvd #100, Anchorage, AK 99503

“Ask about: Expedited appointments for abnormal PSA follow-up

Anchorage Radiation Oncology Center is a proud member of the Aurora Integrated Oncology Foundation Network

Local Resources for Prostate Health

ALASKA MEN'S RUN

Individual Grants for men requesting financial aid. Limited to \$500 / individual each year.

☎ (907) 378-2365 ✉ akprostate@gmail.com 🌐 alaskamensrun.com/grants

AURORA INTEGRATED ONCOLOGY FOUNDATION

The Patient Support Fund helps address patient needs related to access to care and alleviate financial burdens for cancer patients. Limited to \$1,000 per patient, per year on a first come first serve basis and is subject to funding availability.

☎ (907) 743-3910 ✉ info@aiofak.org 🌐 aiofak.org/patient-support-fund-program

AMERICAN CANCER SOCIETY - ALASKA

Whether you just received a diagnosis or have questions about life after cancer, the American Cancer Society is here for you. To access transportation, advocacy, lodging, or general cancer information call us at 1-800-227-2345 or visit the Anchorage office at 3851 Piper Street (Suite U240). 🌐 www.cancer.org

Support Groups

Us TOO (Prostate Cancer Education and Support)

Us TOO hosts two drop-in meetings every week for people with prostate and testicular cancer, and their family members/caregivers.

IN-PERSON:

Every Thursday at 10am, Barnes & Noble Café
(200 E. Northern Lights Blvd., Anchorage).

VIRTUAL

Every Monday at 7pm.
✉ ustooak@gmail.com
🌐 www.ustooak.com

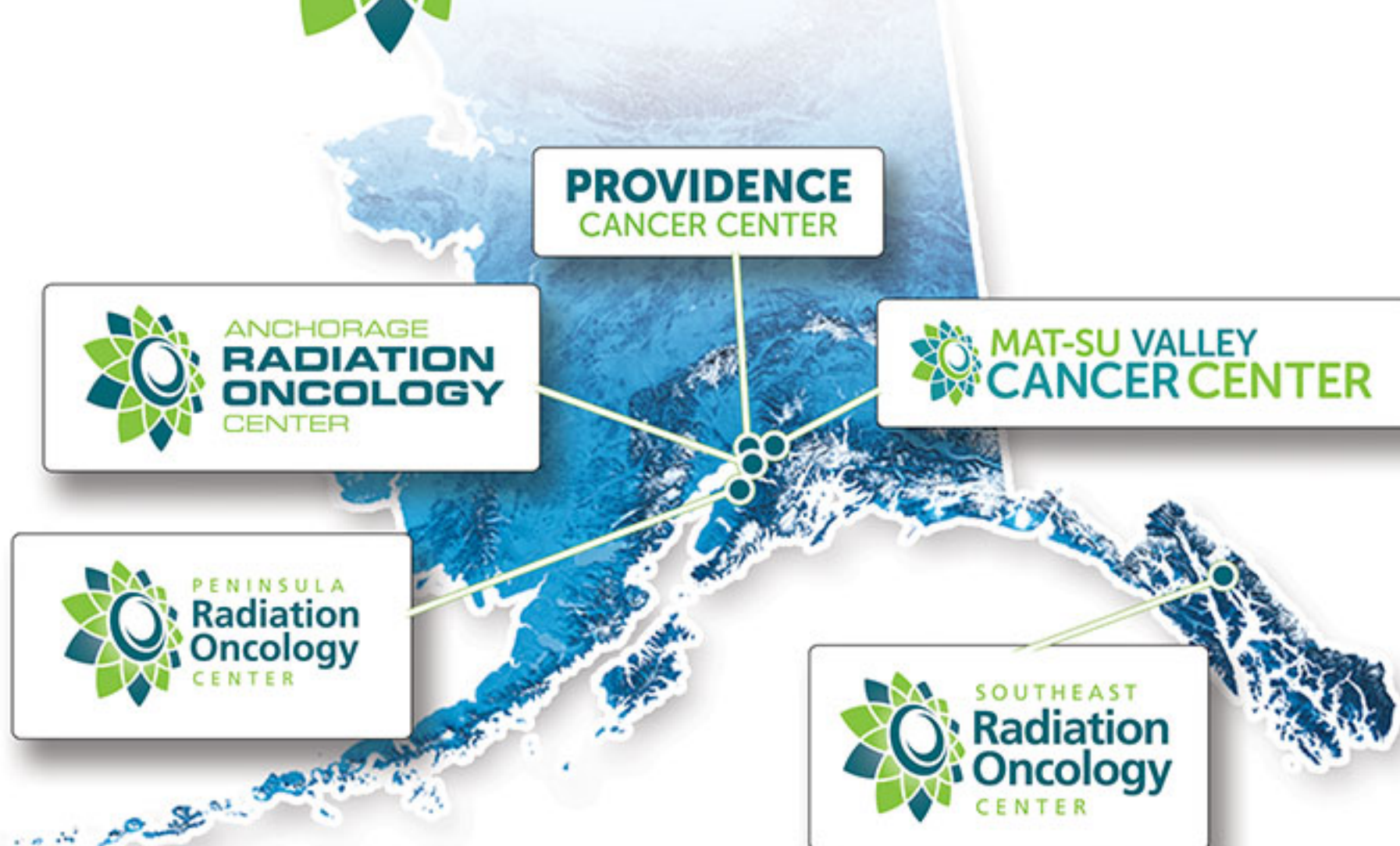
Statewide Coordination

Alaska Cancer Partnership (ACP)

The ACP is a group of organizations and individuals working to bring resources and expertise together to address cancer prevention, control, and survivorship to Alaska. Please visit their website for a directory of resources to help those navigating cancer and their caregivers, including social support and financial assistance.

🌐 www.alaskacancerpartnership.org

Statewide Treatment Centers



Anchorage Radiation Oncology Center

188 W Northern Lights Blvd #100

Anchorage, AK 99503

📞 (907) 562-2002 🌐 anchorageradonc.com

Mat-Su Valley Cancer Center

2250 S. Woodworth Loop, Suite 100

Palmer, AK 99645

📞 (907) 707-1333 🌐 matsuvalleycancer.com

Peninsula Radiation Oncology Center

240 Hospital Place, Soldotna, AK 99669

📞 (907) 262-7762 🌐 peninsularadiation.com

Southeast Radiation Oncology Center

1701 Salmon Creek Lane, Juneau, AK 99801

📞 (907) 586-5762 🌐 southeastradiation.com

ALASKA UROLOGY

Comprehensive urological care including prostate cancer diagnosis and treatment

📍 3841 Piper Street, T300, Anchorage, AK 99508

📍 3260 Providence Drive, Suite C438, Anchorage, AK 99508

📞 (907) 563-3103

🌐 www.alaskaurology.com

NOTE: Alaska Urology has satellite clinic location partnerships in **Homer, Soldotna, Kodiak, Fairbanks, and Palmer.**

FAIRBANKS UROLOGY

The clinic helps Alaskans live happy and healthy lives through healing, education, and quality care.

📍 1211 Cushman St, Fairbanks, AK, 99701

📞 907-328-0989

🌐 www.fairbanksurology.com

Remember: Regular screening and early detection are your best defense against prostate cancer! Share this guide with friends and family members—your advocacy could save a life.

Visit www.alaskahealthfair.org for events schedule and additional information.

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Prostate Cancer Early Detection: Age Recommendations and PSA Levels Chart

Age 40-75

- Black/African American individuals
- Those with a family history of cancer and/or known genetic mutation that increases the risk for prostate cancer

Discuss risk and benefits of prostate cancer screening with your doctor

Have a baseline PSA and strongly consider a baseline DRE

If PSA less than 1 ng/mL and DRE normal (if done), repeat testing every 2 – 4 years

If PSA 1 - 3 ng/mL and DRE normal (if done), repeat testing every 1 – 2 years

If PSA greater than 3 ng/mL and/or a very suspicious DRE, talk with your doctor about further testing and follow-up

Age 45-75

- Average-risk individuals

Talk with your doctor about if prostate cancer screening should continue

If PSA less than 4 ng/mL and DRE normal (if done), repeat testing in select patients every 1 – 4 years

If PSA greater than 4 ng/mL or a very suspicious DRE, talk with your doctor about further testing and follow-up

Age 75+

What You Need to Know About the PSA Test

The PSA blood test is a simple way to check your prostate health. It can detect issues early when they are most treatable. Working together with your doctor, you can weigh the pros and cons of prostate cancer screening. This team approach, known as shared decision-making, puts your needs and preferences at the center of the decision, making sure it's the right choice for you.

WHAT IS THE PSA TEST?

- PSA stands for prostate-specific antigen, a protein produced by the prostate gland
- The PSA test is a simple blood test that measures the level of PSA in the blood
- Higher PSA levels can be a sign of prostate cancer or other prostate issues



WHY GET A PSA TEST?



- The PSA test can help detect prostate cancer early when it is most treatable
- Prostate cancer often has no symptoms in its early stages
- For many men, knowing their PSA level provides reassurance about their prostate health

WHO SHOULD GET TESTED, AND WHEN?

- Everyone born with a prostate (men and transgender women) should understand their personal prostate cancer risk and when to get a baseline PSA blood test
- Men of African descent, military personnel/Veterans, and those with a family history of cancer should consider having a PSA test done at age 40
- Other men should discuss PSA testing with their doctor at age 45



IS THE PSA TEST PERFECT?



- No test is perfect, but the PSA test is currently the best prostate cancer screening tool
- Some men with prostate cancer have normal PSA levels
- Some men with elevated PSA levels do not have cancer

HOW IS PROSTATE CANCER DIAGNOSED?

- Prostate cancer can only be diagnosed with a biopsy
- The prostate biopsy is then examined under a microscope by a trained pathologist
- A diagnosis is made or ruled out based on several factors, including the results of the biopsy





ask the DOCTOR

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PROSTATE CANCER



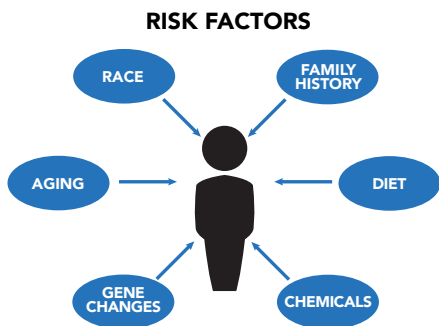
Prostate Cancer Screening for High-Risk Men

Are You High Risk?

All men are at risk of developing prostate cancer at some time in their lives. However, you may be at increased risk if you:

- Have a family history of prostate, breast, colorectal, or ovarian cancer
- Are African-American
- Are a Veteran

Falling into one or more of these categories could increase your risk of developing prostate cancer or being diagnosed with more aggressive disease. Knowing your risk could help you detect prostate cancer in its earliest stages. Most men should begin discussing prostate cancer screening with their doctor at the age of 45, but those at higher risk should begin having those conversations at the age of 40.



Family History

Knowing your family history of prostate cancer and other cancers can help determine your risk since some genetic mutations for cancers overlap. Some families, and even some cultures, find it difficult to discuss health and cancer history. However, these conversations are important and may help save lives. Having these conversations can often deepen family bonds and bring everyone closer.

Genetic Testing

Genetic testing can be broken down into two types: germline and somatic. Germline testing focuses on finding inherited gene mutations in every cell of the body while somatic testing identifies mutations that only exist in the tumor.

Germline Testing	Somatic Testing
<ul style="list-style-type: none">• Conducted on blood or saliva• Identifies inherited gene mutations present in every cell of the body• Provides eligibility for targeted therapies if cancer progresses• Provides risk of additional cancers• Offers information regarding family member's risk of developing cancer	<ul style="list-style-type: none">• Conducted on tissue or circulating tumor DNA in the blood• Identifies gene mutations that exist only in the tumor• Provides eligibility for targeted therapies if cancer progresses

Talk to your healthcare provider or a genetic counselor about the pros and cons of genetic testing. Genetic testing is not for everyone, but learning more can help you make the best decisions for you and your family.

Funding and support provided by





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Prostate Cancer Biomarkers and Family History

Conversations with your doctor about prostate cancer screening should begin at the age of 45. However, if you have a family history of prostate cancer, or if you are in a high-risk group as an African-American or a Veteran, those conversations should begin at the age of 40.

The most common, routine screening tool for prostate cancer is the prostate-specific antigen (PSA) test. This is a simple blood test that measures the presence of PSA in your bloodstream. This test is usually the first step in any prostate cancer diagnosis. However, the PSA blood test, by itself, cannot tell you if cancer is present.

Reasons you might have elevated PSA levels, other than cancer:

- Advanced age
- Prostatitis (inflammation of the prostate gland)
- Riding a bicycle
- Recent sex (within the past 48 hours)
- Supplements
- Urinary tract infection

What is a Biomarker?

A biomarker is a molecule found in blood, body fluids, or tissues that can signal a normal or abnormal process, or a condition or disease. PSA is a **biomarker for the diagnosis and screening of prostate cancer** and it was the first cancer biomarker approved by the FDA.

New biomarkers have been identified and developed to help doctors determine how likely it is that prostate cancer will be found in a biopsy. The goals of biomarker tests are to decrease unnecessary biopsies while increasing the likelihood of prostate

cancer detection without missing a significant number of prostate cancers.

Additional Biomarker Tests

In addition to a PSA blood test, other biomarker tests are available to help you and your doctor decide if a biopsy should be taken. These tests can help patients gain information about their cancer and can aid in both the diagnosis and the decision on treatment. Some of these tests include:

PCA3 Test

- A urine test used to determine your risk of prostate cancer which more accurately detects the possibility of prostate cancer
- Used to determine the need for repeated biopsies

4Kscore[®] Test

- A blood test used to determine the risk of a patient having aggressive prostate cancer
- The test measures total PSA, free PSA, intact PSA, and certain enzymes called kallikrein

These tests, and others, should be used in conjunction with PSA tests, digital rectal exams (DRE), patient information, and biopsy information to provide a personalized risk assessment for patients. Always consult with your doctor and care team to determine the best steps for you.

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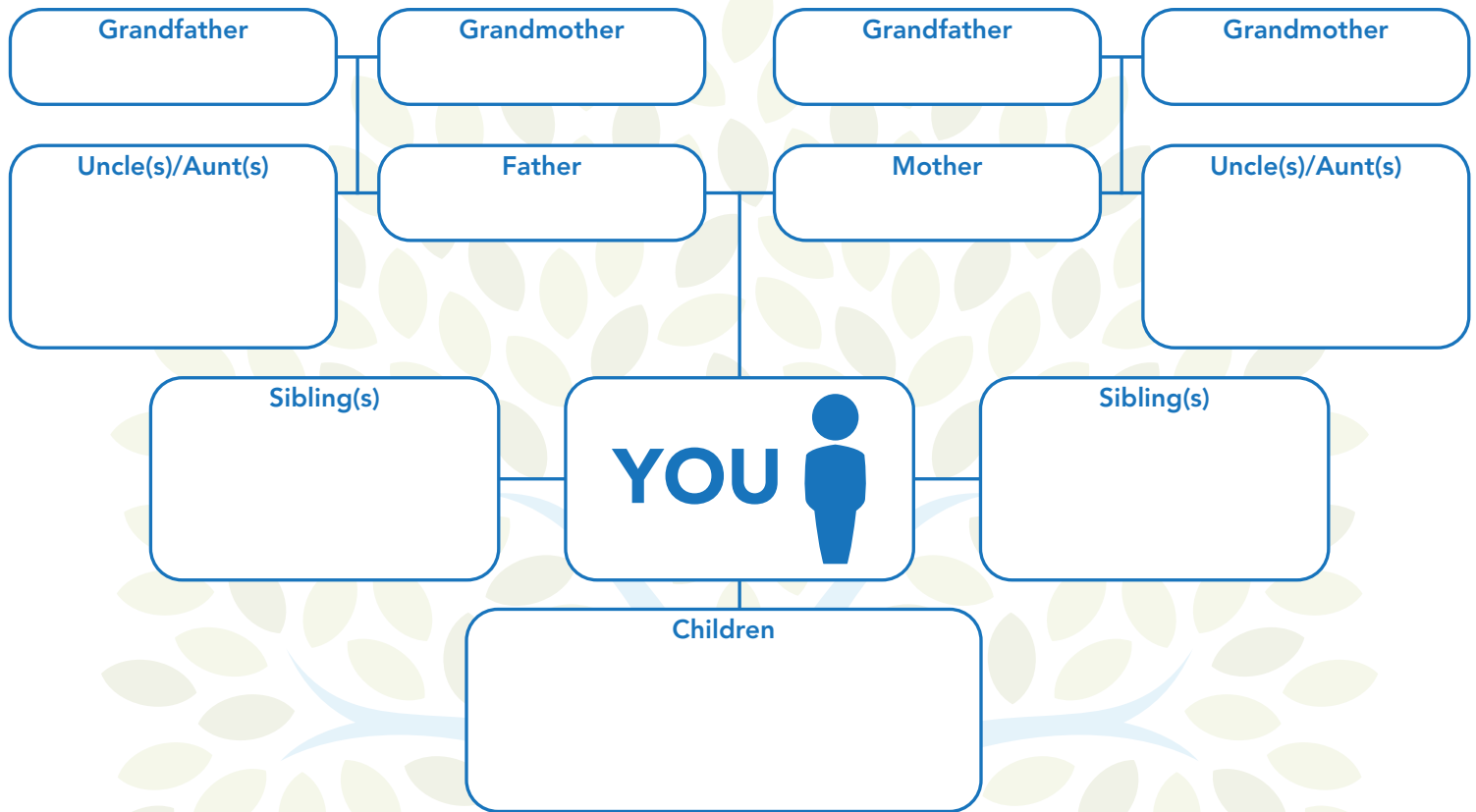


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Family history is a risk factor for prostate cancer. Having one close relative with a prostate cancer diagnosis may double your risk of getting the disease. It is also important to know about a family history of breast, ovarian, or pancreatic cancers. Gene mutations found in those cancers have been identified in prostate cancer and linked to more aggressive disease.

Start a dialogue with your family to protect your health and the health of those you love.



FAMILY TREE TIPS:

- For each blood relative, make note of any prostate, breast, ovarian, and pancreatic cancers
- Include age at initial diagnosis
- Share this information with family members
- Ask family members to share this family health history with their doctor
- Update with information annually, such as at Thanksgiving or family reunions
- Share with YOUR doctor(s)
- In addition to your doctor, a genetic counselor can discuss your family risk, the pros and cons of genetic testing, help explain the results, and help determine next steps

LEARN MORE

We encourage you to use this information in conversations with your healthcare team about prostate cancer and related topics. For more information about prostate cancer and ZERO Prostate Cancer, visit our website zerocancer.org/learn.

ZERO Prostate Cancer provides this information as a service. It is not intended to take the place of medical professionals or the recommendations of your healthcare team. Consult your healthcare team if you have questions about your specific care.