



# Prostate Cancer

## EDUCATION & RESOURCE GUIDE



## 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](http://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](http://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](mailto:ustooak@gmail.com)  
🌐 [www.ustooak.com](http://www.ustooak.com)

## Statewide Coordination

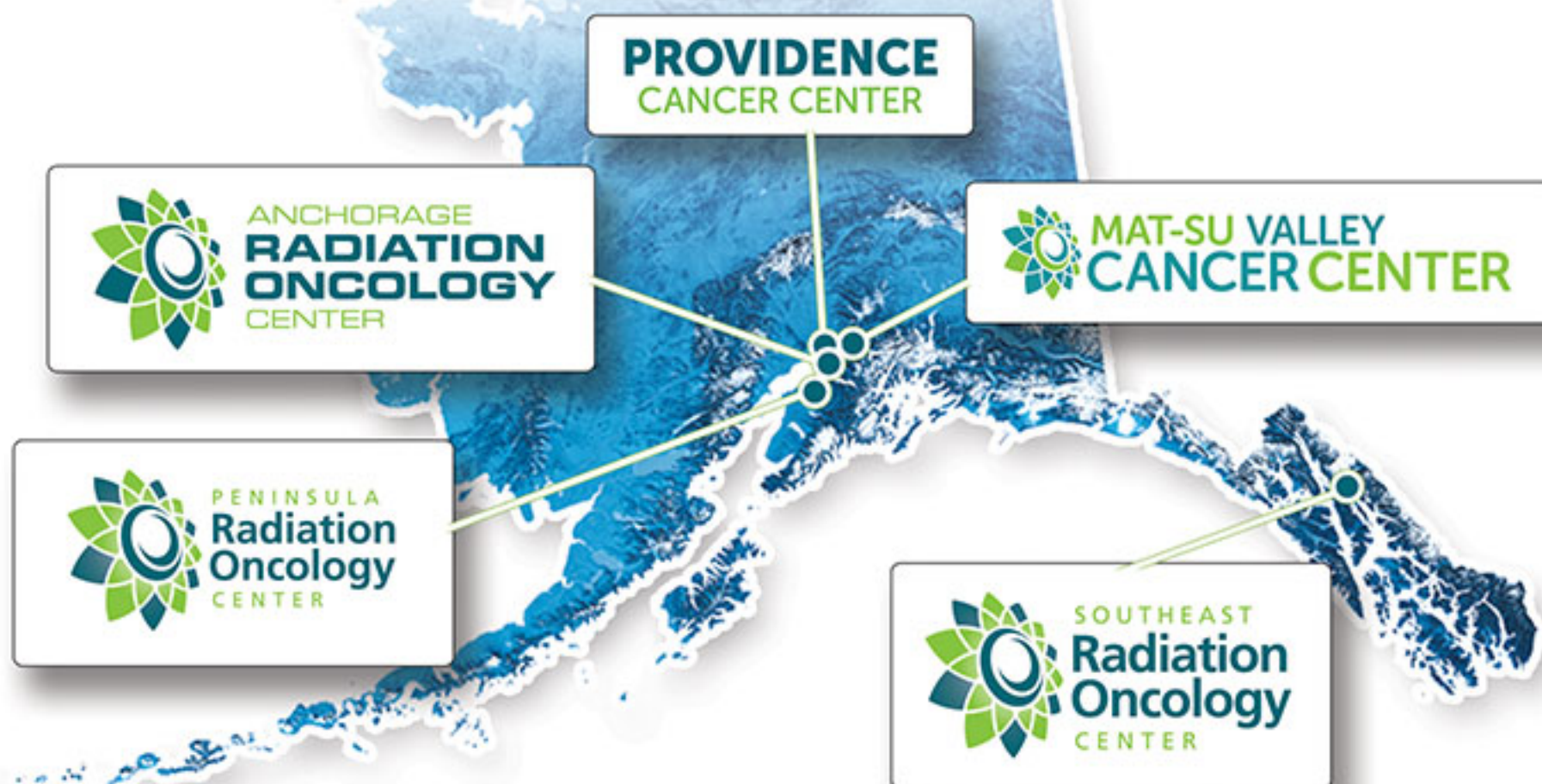
### Alaska Cancer Partnership (ACP)

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](http://www.alaskacancerpartnership.org)



# Statewide Treatment Centers



## ***Anchorage Radiation Oncology Center***

188 W Northern Lights Blvd #100

Anchorage, AK 99503

📞 (907) 562-2002 🌐 [anchorageradonc.com](http://anchorageradonc.com)

## ***Mat-Su Valley Cancer Center***

2250 S. Woodworth Loop, Suite 100

Palmer, AK 99645

📞 (907) 707-1333 🌐 [matsuvalleycancer.com](http://matsuvalleycancer.com)

## ***Peninsula Radiation Oncology Center***

240 Hospital Place, Soldotna, AK 99669

📞 (907) 262-7762 🌐 [peninsularadiation.com](http://peninsularadiation.com)

## ***Southeast Radiation Oncology Center***

1701 Salmon Creek Lane, Juneau, AK 99801

📞 (907) 586-5762 🌐 [southeastradiation.com](http://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](http://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](http://www.fairbanksurology.com)

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Visit [www.alaskahealthfair.org](http://www.alaskahealthfair.org) for events schedule and additional information.

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