

**PROSTATE
CANCER
AWARENESS
MONTH** TOGETHER
FOR THE
LONG RUN
September 1 – 30



Do you know what the prostate does?

Learn more about the PSA Test.

The prostate is a small gland of the male reproductive system.

In many men, it gets larger with age.

What is a PSA test?

The Prostate Specific Antigen (PSA) test is a **simple blood test** that helps identify concerns with the prostate. Monitoring PSA levels in the blood helps to detect prostate cancer early, so we can beat it.

Do you need a PSA test?



Do you have a family history of prostate cancer?

NO. Talk to your doctor about PSA testing starting at age 50. If you develop symptoms, talk to your doctor the same day.

YES. Talk to your doctor about PSA testing starting at age 40. If you develop symptoms, talk to your doctor the same day.



Do you know the symptoms?

Prostate cancer often has no symptoms at its earliest stages. As it grows, symptoms could include difficulty or pain when urinating or ejaculating, pain in the hips, thighs, or lower back, and blood in your urine or semen. If you experience any of these symptoms, see your doctor.



Call 1800 22 00 99



Help end the pain of prostate cancer.
Register for The Long Run.

thelongrun.org.au



Prostate Cancer
Foundation of Australia

the **LONG** run