

# PROSTATE CANCER: KNOW YOUR FAMILY HISTORY

#AskPCFA



Each year in Australia 16,700 men are diagnosed with prostate cancer.

All of us know someone who has been affected, and yet many of us don't know what the prostate does, or what prostate cancer is, limiting our understanding of how to detect and treat it.

This fact sheet aims to ensure you know your risks and your family history. It could help to save your life.

## YOUR FAMILY HISTORY – THE FACTS



If your father or brother have ever been diagnosed with prostate cancer, you have twice the average risk of developing the disease.



If you have two or more close male relatives who have been diagnosed, your lifetime risk of developing prostate cancer increases five-fold.



Your risk also increases if you have a strong family history of breast or ovarian cancer, especially if a BRCA1 or 2 gene mutation was involved.

## OTHER RISK FACTORS – THINGS YOU NEED TO KNOW



Your risk of prostate cancer increases as you get older.



Prostate cancer is unique among cancers – we have not yet found a way of preventing it, and we do not know what causes it.



Scientists have not yet found any strong links between diet and lifestyle and prostate cancer.

**GOT  
QUESTIONS?**

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1800 22 00 99



Prostate Cancer  
Foundation of Australia



Professor Jeff Dunn AO

*“If you have a direct male relative who has had prostate cancer, you are twice as likely to develop the disease. For those with two close male relatives impacted, the lifetime risk grows five-fold.*

***It’s vital that men know their family history of prostate cancer and face the future armed with everything they need to know to beat it.”***

## BE AWARE – KNOW THE SYMPTOMS



When prostate cancer first develops, there may be no symptoms.



In later stages, symptoms might include frequent urination, difficulty or pain when peeing, blood in the urine or semen, unexplained weight loss, and body aches.



It’s important to remember these symptoms could be caused by a range of factors, and do not always mean you have prostate cancer.



If you develop any of the symptoms above, see your doctor straight away.

## TAKE THE RIGHT ACTION AT THE RIGHT TIME

The current Australian Guidelines recommend all men discuss their individual risks and detection options with a doctor – check out our [PSA Test Guide](#) for more information.



If you have **no family history** and no symptoms and decide to get a PSA test, you should do so every two years between the ages of 50 to 69.



If you are 70 or older with no previous diagnosis of cancer, PSA tests are not recommended because you are unlikely to die from prostate cancer if it develops.



If you have **a family history** and decide to get a PSA test, you should do so every two years from age 40/45 to 69, starting sooner if you have a strong family history.



If you develop any of the symptoms of prostate cancer, see your doctor straight away.

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