



Common Cancers in Clay County

SCREENING & RISK AWARENESS

Prostate Cancer

Who's at Risk?

- Men aged 50+ (or 45+ with family history or African American descent)
- Family history of prostate or breast cancer (BRCA mutations)

Common Symptoms

- Urinary issues
 - » Blood in the urine or semen
 - » Pain or discomfort in the pelvic area

Screening Recommendations

- PSA blood test with or without digital rectal exam (DRE)
- Begin at age 50 for average risk; age 45 for high risk

Reduce your risk

Eat a plant rich diet, maintain a healthy weight, and stay physically active

Spencer Hospital Services

- PSA Test – Lab Wellness Screening
- Prostate MRI – referred by provider
- Surgery – NWIA Urologists
- Cancer Treatment – Abben Cancer Center

General Cancer Prevention Tips

MAINTAIN A
HEALTHY WEIGHT

STAY ACTIVE

LIMIT ALCOHOL

DON'T SMOKE

EAT A BALANCED
DIET

PROTECT YOUR
SKIN FROM
UV RAYS

KNOW YOUR
FAMILY HISTORY
AND TALK TO
YOUR DOCTOR

STAY UP TO DATE
ON SCREENINGS

GET VACCINATED
(HPV, HEPATITIS B)



Abben Cancer Center
of Spencer Hospital