

# Play it safe with prostate cancer screening

## A good offense is your **best defense**

- Men over 50 with at least a 10-year life expectancy should have a prostate-specific antigen (PSA) and digital rectal examination (DRE)
- Younger men at higher risk — African-Americans or those with strong family histories of the disease — may begin screening at a younger age.
- Talk to your physician about the screening schedule that's right for you.
- The five-year survival rate for all stages of prostate cancer is almost 100 percent, so getting a screening test is an important step toward staying healthy and preventing disease.

The next time you review your "To Do" list, make sure you've checked off prostate cancer screening. After all, isn't your health a top priority?

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.



**BlueCross BlueShield  
of Illinois**

Source: American Cancer Society

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