

# Turn up the volume on prostate health

Taking care of prostate health starts with speaking up. Talk with your doctor about the right screenings for you. Early action can help you stay on track toward a healthier future and give you confidence on the road ahead.



## Know your risk

Age, race and family history affect your risk



## Understand the signs

Watch for changes and talk to your doctor



## Get screened

Ask your doctor what screening is right for you



## Take control

Speaking up now can help protect your future



Prostate screenings are often included in preventive care at no additional cost. Go to [BCBSND.me](https://BCBSND.me) or scan the QR code to find care options, tools and support. Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association. BND-25-1019500B • 8-25



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# Amplify your well-being

Speaking up about your health starts with knowing what to look for. Learn the signs and changes that may affect your prostate health and when it's time to talk with your doctor about screenings.



## Signs and symptoms

- Difficulty starting or stopping urine flow
- Weak or interrupted stream
- Urinating more often, especially at night
- Feeling your bladder isn't fully empty
- Pain or burning during urination
- Blood in urine or semen
- Painful ejaculation
- Persistent pain in the back, hips or pelvis
- Unexplained weight loss or fatigue



## Screening recommendations

### Ages 40 - 54

Talk with your doctor sooner if you have a family history or are of African descent.

### Ages 55 - 69

Discuss the benefits and risks of prostate screenings with your doctor.

### Ages 70+

Screening is usually not recommended unless your doctor advises otherwise.

Screening guidelines are according to the United States Preventive Services Taskforce and American Cancer Society.

