### **Turn Up the Volume on Prostate Health**

### It’s easy to put off talking about prostate health, especially if you feel fine. But starting the conversation with your doctor and knowing when to get screened may catch issues early.

### Knowing your personal risks, such as age, family history or race, can help you and your doctor decide when screening makes sense. Even if you feel well, paying attention to changes in your body matters.

### Screening recommendations depend on your individual risk factors.

### According to the [United States Preventive Services Taskforce](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening) and [American Cancer Society guidelines,](https://www.cancer.org/cancer/types/prostate-cancer/detection-diagnosis-staging/acs-recommendations.html) for many men, ages 55 to 69 is when doctors recommend screening. Those who are age 40 to 54 with a family history of prostate issues or men of African descent may benefit from starting the conversation with their care team sooner. After age 70, screening is generally not advised unless your doctor recommends it.

### Talk with your doctor if you notice:

### 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

*(These symptoms do not necessarily mean you have a prostate issue. Only a health care provider can help determine the cause.)*

### Prostate screenings are considered preventive care and are covered with most plans. Speaking up today is one of the most important steps you can take for your long-term health. Start the conversation now and take charge of your future. Visit BCBSND.me for care options, tools and support.