

Play it safe with prostate cancer screening



A good offense is your best defense

- Start annual screening at age 50, and at 45 if you are African-American or have a family history of the disease.*
- Ask your physician about the pros and cons of a prostate-specific antigen (PSA) test and digital rectal examination (DRE).
- Check your local hospital or the Internet for free screenings, such as the National Prostate Cancer Coalition's (NPCC) national mobile screening program.

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



**BlueCross BlueShield
of Illinois**

*The National Prostate Cancer Coalition

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