

## **Best defense against prostate cancer: screening**

**Run time: 25**

LEDE: It's one of the most common cancers in American men. But experts say prostate cancer is manageable when caught early.

Tim Ditman of OSF HealthCare has more.

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OSF urologist Doctor Uwais Zaid [ew-WAHS // ZAYD] says men 54 to 69 should get a yearly screening. Two tests – a blood test and rectal exam.

*SOUNDBITE: "It doesn't require any special or horrible bowel prep. It's about a 20 second thing we do in the clinic that can save your life."*

Treatment could include surgery, radiation, or hormone therapy.

I'm Tim Ditman.

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TAG: Doctor Zaid says older men, African American men, veterans who were around Agent Orange, and men who eat a lot of red meat and fatty foods are at higher risk for prostate cancer.