



Take an active stance.

Prostate cancer is most treatable when it's detected early. So talk to your doctor about when you should start getting screened. Along with eating a healthy diet and getting regular exercise, you can help lower your risk for prostate cancer by being aware and informed:

- [Know the symptoms.](#)
- [Understand the risk factors.](#)
- [Take steps to reduce your risk.](#)

Visit kp.org/prostatecancer (en [español](#)) for more information.

Kaiser Permanente health plans around the country:

Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 (404) 261-2590 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Portland, OR 97232