

Best defense against prostate cancer: screening

SOT

Uwais Zaid [ew-WAHS // ZAYD], urologist at OSF HealthCare in Alton, Illinois

“It is something we certainly do take seriously in urology.” (:03)

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“African American men are at a higher risk. Certain dietary things like too much red meat and greasy, fatty food. And certain type of exposures such as Agent Orange for some of our veterans.” (:17)

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“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.” (:07)

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“For most men, we want them to start screening with an annual PSA [test] at age 54 to 69. For certain men, you want to start earlier if you have a risk factor.” (:09)

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“If the prostate cancer has escaped the prostate gland, there are a lot of treatment options. This is actually a very active area [in medicine] with all sorts of research and new medications.” (:10)