

Don't fear prostate exam screenings

The more invasive technique has fallen by the wayside, says one OSF doctor

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Dr. John Rinker

OSF HealthCare internal medicine physician

"It continues to grow over time in most men. Different parts of the prostate can start to have abnormal growths. The big concern is that prostate cancer can form. About one in eight men have a lifetime risk of developing prostate cancer." (:30)

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"We really didn't find that the digital rectal exam was very effective. There's a lot of user bias with how well [a provider] is at examining. Maybe they won't be able to detect a larger, late state lesion as well." (:22)

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"The whole goal of [educating people on screenings] is catching cancer earlier. If you do that, you have more treatment options. You have a better chance to cure the cancer. In some cases if it's a low-grade cancer, you may choose to not to treat it at all. We can monitor it. We can re-image it or utilize a PSA test to see if it changes." (:35)