

Don't fear prostate exam screenings

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

ANCHOR LEDE

Don't fear the finger.

That's what one OSF HealthCare doctor is telling men about prostate cancer screenings as we continue Prostate Cancer Awareness Month.

TAKE VO

Doctor John Rinker says the digital rectal exam has fallen out of favor and given way to a blood test. If needed, an M-R-I could follow. But the key point: both of those methods are non-invasive.

SOT

Dr. John Rinker
OSF HealthCare

"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)

VO TAG

Dr. Rinker says prostate cancer often comes with no symptoms. So it's important to talk to your primary care provider about your health habits and family history. The conversation about starting screenings should begin at age 40.