



The PC Challenge Pledge

Early detection saves lives! An annual PSA test and rectal examination for men age 50 and older, or African-American men age 45 and older, is one of the easiest and most important first steps. A simple PSA blood test and rectal exam, performed annually, will establish the critical PSA “baseline” your physician needs to help detect prostate issues early.

The Pledge. *(For men who have not had a PSA exam in the past year or longer.)*

- Yes, I will get a PSA and rectal exam in 2009.
- Yes, I will commit to getting a prostate exam every year.
- Yes, I will tell my doctor if I have any family history of prostate or breast cancer.
- Yes, I commit to my family that I will not ignore this important health test any longer.