

# Risk Factors for Developing Prostate Cancer

Age is the greatest risk factor for developing prostate cancer, but it is not the only risk factor. Other key factors that can impact your risk for developing prostate cancer include:

- **Family history:** Men who have a relative with prostate cancer are twice as likely to develop the disease, while those with 2 or more relatives are nearly 4 times as likely to be diagnosed. The risk is even higher if the affected family members were diagnosed before the age of 65.
- **Genetic factors:** Some men may also be at increased risk if they have a strong family history of other cancers, such as breast cancer, ovarian cancer, colon cancer, or pancreatic cancer.
- **Race:** Men of African descent are nearly 75% more likely to develop prostate cancer compared with white men and are 2.2 times more likely to die from the disease.
- **Lifestyle:** Men who are overweight or obese and have a sedentary lifestyle have a greater risk of developing an aggressive form of prostate cancer. Smoking may also be a risk factor for aggressive prostate cancer.
- **Dietary habits:** Highly processed carbohydrate diets and diets high in fat lead to a greater risk of prostate cancer due to obesity. Recovery from surgery tends to be longer and more difficult for obese men. Diets lacking in vegetables, especially broccoli-family vegetables, have been linked to a higher risk of aggressive prostate cancer, but not to low-risk prostate cancer.



It is important to know your risk factors and to discuss them with your healthcare provider to determine if prostate cancer screening is right for you and when to begin screening if indicated.

Source: Prostate Cancer Foundation ([pcf.org](http://pcf.org))