

# You FIRST

*Your Month of Well-being*

September 2025

## Prostate Cancer Awareness Month

September is Prostate Cancer Awareness Month—a time to raise awareness about a disease that affects millions of men and their families. Prostate cancer is a growth of cells that start in the prostate, a small gland found below the bladder in men. Currently, prostate cancer is the second most common cancer among men in the U.S., but the good news is it's also one of the most treatable. Know the signs, stay informed and get screened—early detection helps save lives!

### What Increases Risk?

While the exact cause is usually undetectable, certain factors can raise your risk in developing prostate cancer. Common risk factors include:

- **Older Age.** The risk of prostate cancer increases with age, about 6 in 10 prostate cancer cases are found in men 65 years or older.
- **Race and Ethnicity.** In the U.S. Black men have a greater risk of prostate cancer compared to other races and ethnicities. However, the reason is unknown.
- **Genetics.** Having a family history of prostate cancer, especially in blood relatives such as parents or siblings, increases the risk of developing prostate cancer.

Sources:

[Prostate cancer - Symptoms and causes - Mayo Clinic](#)  
[American Cancer Society Recommendations for Prostate Cancer Early Detection | American Cancer Society](#)  
[30 Actionable Tips for Men's Mental Health and Well-being](#)

### Types of Screenings

Most prostate cancers are found at an early stage and often show little to no symptoms. However, prevention screening tools can help detect early on! Screening tools include:

- **Prostate-Specific Antigen (PSA) blood test** is the most effective screening tool.
  - PSA levels between 4 ng/mL and 10 ng/mL have about a 25% chance of having prostate cancer.
  - PSA levels over 10 ng/mL have a 50% chance of having prostate cancer.
- **Digital Rectal Exam (DRE)** is a physical examination often conducted by a primary care provider to check if the prostate has lumps or is enlarged.

**Scan the QR Code to learn more about when and how to get screened.**



## Best Practices for Men's Mental and Physical Health

- **Prioritize mental health:** Mental health matters just as much as physical health. Engage in activities that reduce stress and produce relaxation such as meditation, deep breathing exercises or hobbies.
- **Exercise regularly:** Physical activity boosts endorphins and reduces stress, improving both physical and mental health. Aim for at least 150 minutes of moderate exercise each week.
- **Schedule routine health screenings and doctor appointments:** Regular preventive health screenings can help identify signs of serious illness while they are easier to treat.
- **Eat a healthy diet:** A balanced diet supports energy levels, muscle strength and overall vitality.
- **Choose a healthy lifestyle:** Aiming for quality sleep of 7-9 hours supports your overall well-being. Additionally, limiting alcohol and avoiding smoking can lower the risk of developing chronic diseases significantly.

### Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

#### September 3, at 12 p.m. Proactive Steps for Prostate Health

Prostate cancer is one of the most common types of cancer in men, second only to skin cancer, according to the American Cancer Society. Discuss the risk factors, symptoms and screening mechanisms employees should be aware of for themselves and their loved ones.

Click [here](#) or scan the QR code to register!



## CareFirst Member Resources

- **CloseKnit:** Virtual-first primary care, urgent care, behavioral health services and more. Download the easy-to-use app and get started today. [carefirst.com/closeknit](https://carefirst.com/closeknit)
- Use the **Find a Doctor** tool in [My Account](#).
- **Health topics:** Log in to [CareFirst WellBeing<sup>SM</sup>](#) and navigate to *Discover*, then click *Health Topics*. Follow *Men's Health & Prostate Cancer* to get up-to-date information on your timeline! Looking for more information? Search the topic of interest to find articles, videos, slideshows and more.
- **Inspirations and Unwinding:** Help reduce daily worry and stress with videos and audio for relaxation, mindfulness and better sleep. Get started at [CareFirst WellBeing](#).

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

### Find out your RealAge®—you could win \$25!

The RealAge health assessment is designed to tell you how old your body thinks you are, based on your lifestyle, health history and more. The results can help you set goals to achieve a healthier, happier life. Take RealAge between September 1-30, 2025 and be entered to win a \$25 virtual prepaid card. Log in or register for [CareFirst WellBeing](#). Once logged in, select **You** and then **RealAge**. Answer each question and select **Finish**.