

MEDCHI URGES MEN TO PRIORITIZE PROSTATE HEALTH DURING PROSTATE CANCER AWARENESS MONTH

BALTIMORE – September 15, 2026 — September is Prostate Cancer Awareness Month and MedChi is encouraging Maryland men to prioritize their prostate health, understand their risk factors, and talk with their physicians about whether prostate cancer screening is appropriate for them.

Prostate cancer is one of the most common cancers affecting men and while prostate cancer often grows slowly and may not cause symptoms in its early stages, early detection can provide more opportunities for effective treatment. Regular conversations with a physician can help men make informed decisions about screening based on their individual health history and risk.

“Prostate cancer is an important reminder that preventive care and regular conversations with a physician can make a meaningful difference,” said Dr. Eric Wargotz, President of MedChi. “We encourage Maryland men to understand their individual risk and speak with their physicians about prostate cancer screening and other preventive health measures.”

Risk for prostate cancer increases with age. Men with a family history of prostate cancer and Black men may also face a higher risk. Other factors, including certain inherited genetic changes, can contribute to an individual's risk.

Prostate cancer screening may involve a prostate-specific antigen (PSA) blood test, with other evaluations considered when appropriate. Because screening can have both potential pros and cons, men should discuss their personal risk factors and preferences with their physicians before deciding whether to be screened.

MedChi encourages Maryland men to:

- **Know their risk:** Talk with family members about a history of prostate cancer and share that information with their physician.
- **Discuss screening:** Ask a physician when prostate cancer screening may be appropriate based on age, family history, race, and other risk factors.
- **Pay attention to symptoms:** Changes in urination, blood in the urine or semen, erectile difficulties, or persistent pain in the back, hips, or pelvis should be discussed with a physician. These symptoms can have many causes and do not necessarily indicate prostate cancer.
- **Maintain regular preventive care:** Routine visits provide an opportunity to discuss cancer screening, blood pressure, cholesterol, nutrition, physical activity, and other aspects of men's health.
- **Don't delay care:** Men who notice concerning changes or have questions about their prostate health should contact their physician.

MedChi reminds Marylanders that preventive health care is an important part of maintaining long-term health. During Prostate Cancer Awareness Month, men are encouraged to make prostate health part of the conversation with their physicians.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.