



Personalized Prostate Cancer Screening and Prevention

Prostate cancer is the most common cancer in men*, affecting about 1 in 8 men in their lifetime.¹ The risk of getting prostate cancer is influenced by a combination of genetic and non-genetic factors. Genetic testing can help you understand your personal risk for prostate cancer, so you and your healthcare team can take proactive steps for better health outcomes.



Background

Genetics and Risk

- Changes in your DNA (genetic variants) can increase your prostate cancer risk.²
- Some people inherit genetic variants that greatly raise their prostate cancer risk, but these are rare.
- Many others carry variants that each have a small impact on risk, but can add up to meaningfully increase prostate cancer risk.

Clinical Factors and Risk

- Genetics are only part of the picture—other lifestyle and health factors can influence your prostate cancer risk.²
- Age, family history, and ancestry are some of the most important clinical risk factors for prostate cancer.

Understanding Your Risk

- Knowing your personal risk is just the start—your provider can use your risk to create a care plan designed just for you.
- Personalized care plans can include tailored screening and prevention recommendations that meet your health needs.

MyOme's Prostate Cancer Risk Prediction



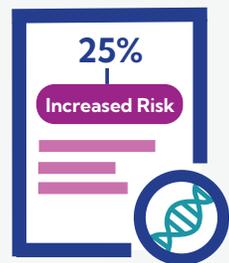
Measuring Genetic Risk

MyOme's prostate cancer test measures your genetic risk using a Polygenic Risk Score (PRS). Think of it like a scorecard that adds up all of the small-impact DNA changes that are linked to prostate cancer. The higher the score, the greater your overall prostate cancer risk.



Integrating Clinical Factors

MyOme's test goes beyond genetics by incorporating key clinical factors into your final risk score calculation.



Improved Risk Prediction

By looking at your genes together with certain clinical factors, MyOme's test can predict your risk more clearly than tests that use only one piece of the puzzle.

*MyOme recognizes and respects the diversity of gender identities. In this guide, "men" is used to refer to individuals assigned male at birth.



Why Early Detection Matters

Detecting prostate cancer early is one of the most effective ways to improve outcomes. When found at an early stage, prostate cancer is often easier to treat, greatly improving chances of survival.³ Knowing your personal risk can guide healthcare strategies, like earlier or more frequent screening, which help catch cancer early and improve chances of successful care.^{3,4}

Using Your Risk to Guide Medical Care

Knowing your specific prostate cancer risk can help you and your healthcare team decide on the best ways to reduce that risk and detect cancer early.



Lifestyle Changes²

The American Cancer Society recommends the following lifestyle choices that may lower the risk of prostate cancer for all men:

- Reach and maintain a healthy weight
- Be physically active
- Eat a healthy, balanced diet rich in fruits, vegetables, and whole grains. Limit red and processed meats, sugary drinks, and highly processed foods.



More Frequent or Earlier Screening^{5,6}

Providers may recommend more frequent or earlier screening for those determined to be at increased risk through clinical or genetic evaluation. Screening methods can include:

- Prostate-specific antigen (PSA) blood test
- Digital rectal exam (DRE)

Screening for prostate cancer is a shared decision—you and your provider should talk about the benefits and risks of screening to decide what's right for you.

Enable Personalized Care with MyOme's iPRS™ Test for Prostate Cancer



Proactive Health
INTEGRATED PRS™
PROSTATE CANCER

When it comes to your health, information is power. Ask your provider about our iPRS test to better understand your risk of prostate cancer and make more informed health decisions.



Visit our website to learn more about genetic testing for personalized prostate cancer risk prediction.

1. American Cancer Society. Cancer Facts for Men. Web. Accessed Nov, 2025. <https://www.cancer.org/> 2. American Cancer Society. Can Prostate Cancer be Prevented? Web. Accessed Nov, 2025. <https://www.cancer.org/> 3. Mayo Clinic. Prostate Cancer Diagnosis. Web. Accessed Nov, 2025. <https://www.mayoclinic.org/> 4. Roobol M, de Vos I, Mansson M, et al. European Study of Prostate Cancer Screening—23 Year Follow-up. NEJM. 29 Oct 2025. doi: 10.1056/NEJMoa2503223. 5. American Cancer Society. Recommendations for Prostate Cancer Early Detection. Web. Accessed Nov, 2025. <https://www.cancer.org/> 6. Wei JT, Barocas D, Carlsson S, et al. Early detection of prostate cancer: AUA/SUO guideline part I: prostate cancer screening. J Urol. 2023;210(1):45–53. PMID: 37096582.

This test was developed, and its performance characteristics were determined, by MyOme, Inc., a clinical laboratory certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and College of American Pathologist (CAP) accredited to perform high complexity clinical laboratory testing. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Test results should always be interpreted by a clinician in the context of clinical and familial data with the availability of genetic counseling when appropriate. MyOme is not responsible for the content or accuracy of third-party websites.