



MARY BIRD PERKINS  
CANCER CENTER™

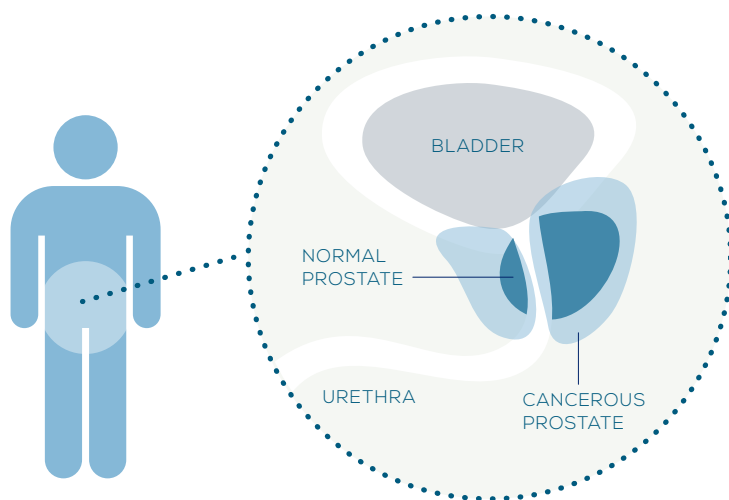
# PROSTATE CANCER

DEFY THE ODDS – DON'T BECOME A STATISTIC!

Men, take charge of your health. Learn about your risk of developing prostate cancer, and get screened.

## WHAT IS PROSTATE CANCER?

Cancer occurs when abnormal cells begin to grow out of control. Prostate cancer starts in the prostate, a walnut-sized gland found only in men.



PROSTATE CANCER  
IS THE MOST  
FREQUENTLY  
DIAGNOSED  
**CANCER**  
AMONG **MEN** IN  
LOUISIANA



ABOUT **1 IN 9 MEN** WILL BE  
DIAGNOSED WITH  
**PROSTATE CANCER**  
DURING HIS **LIFETIME**

PROSTATE  
**CANCER**  
IS THE **2ND**  
LEADING CAUSE  
OF **CANCER**  
**DEATH**  
IN AMERICAN MEN  
BEHIND LUNG  
CANCER

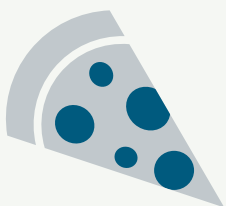
# COMMON RISK FACTORS

## AGE

# 65+

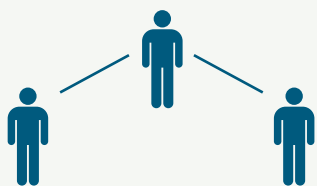
About 6 out of 10 cases are diagnosed in men **65 YEARS OR OLDER**.

## DIET



There is some evidence that a **DIET LOW IN FAT** and full of fruits and vegetables may contribute to a lower risk.

## GENES / FAMILY HISTORY



Having a father or brother with prostate cancer **MORE THAN DOUBLES** a man's risk of developing prostate cancer.

## RACE / ETHNICITY



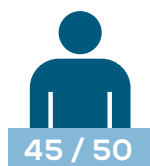
African-American men are more likely to be diagnosed at an advanced stage and are **MORE THAN TWICE AS LIKELY TO DIE FROM PROSTATE CANCER AS CAUCASIAN MEN**.

ROUGHLY **174,650** NEW CASES OF PROSTATE CANCER WILL BE DIAGNOSED EACH YEAR IN THE U.S.

## GET SCREENED.

### EARLY DETECTION SAVES LIVES.

Since the use of early detection tests for prostate cancer became fairly common in the United States, the death rate for this type of cancer has dropped. Discuss with your doctor if a prostate cancer screening is right for you.



### WHEN TO GET SCREENED

Get screened starting at age 50 or age 45 if African-American or have family history.

### HOW TO GET SCREENED



- Talk to your doctor to decide if a screening is right for you.
- Make an appointment or attend one of our free cancer screenings.
- A prostate cancer screening is performed by a doctor and includes a prostate-specific antigen (PSA) blood test and digital rectal exam (DRE).

TO LEARN MORE, VISIT:

# MARYBIRD.ORG/PROSTATE



SOURCES:

www.cdc.org  
www.cancer.org  
www.cancercenter.com