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.

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

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

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

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

45 / 50