

PROSTATE CANCER

Additional Facts for Black Men
and Their Families



No Man is Invincible



“It was shocking for me to learn that African American men have the highest death rate and shortest survival of any racial and ethnic group in the U.S. for most cancers, and that prostate cancer is the number one diagnosed cancer among Veterans. It’s imperative that the Black community understand the risks and do as much as possible to increase their chances of surviving or, even better, preventing the disease by making certain lifestyle changes.

Men – you think you are invincible, but you are not. Get to the doctor, get checked. It could make the world of difference for you and your family.”

— Chris Tucker

Start Screening at Age 40

Did you know that 1 in 6 Black men will be diagnosed with prostate cancer (vs. 1 in 8 overall)?

Because Black men are more likely to be diagnosed and at a younger age, the Prostate Cancer Foundation recommends that you talk to your doctor about screening starting at age 40.

Prostate Cancer and Black Men

1 out of 8 U.S. men will be diagnosed with prostate cancer. In 2023, over 288,000 men will be diagnosed with this form of cancer and nearly 35,000 will die as a result. Prostate cancer is the second most prevalent form of cancer in men. A man is more likely to develop prostate cancer than he is to develop colon, kidney, melanoma, and stomach cancers combined. While prostate cancer deaths have been reduced by more than 50% in the last three decades, the reality is still worse for Black men.

Black men are:

- ▶ More likely to be diagnosed with prostate cancer than Caucasian men. In their lifetime, 1 in 6 Black men vs 1 in 8 Caucasian men will be diagnosed.
- ▶ More than twice as likely to die from the disease.

Although scientists do not yet understand why prostate cancer incidence and death rates are higher among Black men, it is widely believed that a combination of genetic differences, lifestyle and nutrition habits, access to medical care, and social factors related to discrimination may all play a role. PCF is dedicated to reducing disparities by increasing awareness of risk and knowledge about the disease. But for any man of any background, there are things you can do to better your chances for living a life free of prostate cancer.



6 LITTLE THINGS THAT MAKE A BIG DIFFERENCE

These few easy changes can minimize harm to your health and keep your loved ones safe.

1 Know Your Family History

Some cancers, including prostate cancer, run in families. If you have a family history of prostate cancer, your overall risk may be 2 times higher. We now know that many of the same genes that cause prostate cancer can also cause breast, ovarian, colon, and other cancers. Therefore, it is critical that you try to learn any information about your family's history of cancers— in both men and women, and on both mother's and father's sides of the family. Share this information with your doctor and update him/her about any new cancers in the family. Consult with older relatives to see if there is a family history of cancer and talk to your children and grandchildren about any increased risk your physician has identified.



2 Maintain a Healthy Diet

A diet of whole, unprocessed foods and plenty of brightly-colored vegetables is healthiest. A heart-healthy diet may help prevent many cancers. Studies have shown that antioxidants (compounds found in vegetables such as broccoli and cauliflower) may act like a sponge, mopping up molecules that can promote prostate cancer. Cooked tomatoes are also a good choice, as they contain lycopene, an antioxidant that may reduce the risk of developing aggressive prostate cancer.



3 Avoid Charred and Processed Meats

Here's an amazing fact: cancer-causing molecules similar to those found in cigarette smoke are present in charred meats. They accumulate in the prostate the same way that cigarette smoke carcinogens collect in the lungs. There, they can interfere with normal DNA processes, creating mutations that can contribute to the formation of prostate cancer. Changing how you cook meats can greatly reduce these hazards. Consider wrapping meat in foil before grilling, and flipping meat multiple times to minimize charring. Avoid processed meats, like lunchmeats, which are shown to have cancer-promoting properties.

4 Exercise

Engaging in some form of exercise as vigorously as you can is essential for maintaining a healthy body, and may also help reduce the odds of dying from prostate cancer. Studies have shown that men who are overweight when they are diagnosed with prostate cancer may be more likely to die from the disease. Before starting an exercise program, be sure to talk with your doctor about how best to incorporate weight management and exercise strategies. For more information on nutrition and exercise, go to: www.pcf.org/wellness-guide.



5 Man Up. Get Your Annual Screening.

Prostate cancer is highly treatable if detected at an early stage. But often, it has no symptoms. That's why it's particularly important for Black men, given their higher probability of developing prostate cancer, to have a proactive plan. The National Comprehensive Cancer Network and PCF recommend that Black men consider talking to their doctors about PSA screening beginning at age 40, and to consider more frequent screening. Remember, risk is multiplied if you have a close relative with prostate cancer. So “man up” and schedule your prostate screening today – it starts with a simple blood test.

6 Talk About It

Male health issues, especially ones that may affect sexual organs, can be a taboo and unwelcome conversation – and that's why it's so important to connect with your family, friends, and colleagues to talk about the importance of early detection for prostate cancer. This disease shouldn't be swept under the rug. By discussing it with others, you can raise awareness of a disease that strikes Black men more than those of any other race. By starting a conversation about prostate cancer, you could be saving a life – possibly even your own.

“I had to give my sons confidence. I told them, ‘It’s a fight and Daddy’s a fighter. We’re going to be ok.’”

Sportscaster Brian Custer underwent surgery to have his prostate removed. Today he is cancer free.



Take it from Snoop and “Uncle” Charlie Wilson



There have been lots of ups and downs in my life's journey, but nothing to prepare me for those four echoing words, "You have prostate cancer." How could that be? I was too young, and physically, I felt fine.

Thanks to the insistence of my wife, Mahin, early diagnosis followed by information and tough decisions saved my life. Through this process, I learned that the Prostate Cancer

Foundation (PCF) is funding research into why prostate cancer is more common in African American men. Their work to discover new treatments that enable men to live life to the fullest has given so many men and their families the hope and strength to fight this disease. The commitment of the folks at PCF convinced my wife and me that we could help by educating others. I've spent the majority of my life performing for people around the world. It's now time for me to start informing them.

Too many men are dying from prostate cancer. Join the fight by making prostate cancer something to talk about.

To learn more or to make a tax-deductible donation for someone in your life, visit: www.pcf.org

Peace and health,

A handwritten signature in blue ink that reads "Charlie Wilson".

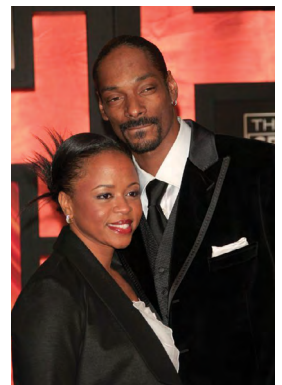
"Uncle" Charlie Wilson
American musician and songwriter

Photo Credit:

Charlie & Mahin Wilson
Photographer: Kevin Winter

"This is one battle we can win. Since my good friend Charlie Wilson was diagnosed, I have learned how this cancer affects our community. For brothers, and for all men period, help get the word out about this disease and please donate what you can."

– Snoop Dogg, recording artist





PCF-funded researchers Isla Garraway, MD, PhD, a urologist at UCLA David Geffen School of Medicine and the West Los Angeles VA Medical Center, and Levi Garraway, MD, PhD, formerly at Dana-Farber Cancer Institute and now at Roche/Genentech, are siblings. The Garraways lost their father to prostate cancer while they were in graduate school and were inspired to focus their scientific careers in prostate cancer research.

About the Prostate Cancer Foundation

Since 1993, the Prostate Cancer Foundation (PCF) has raised close to \$1 billion to support more than 2,200 research projects, making it the world's largest philanthropic source of research funding for prostate cancer. Patients around the world are living longer, suffering fewer complications, and enjoying better quality of life. But more still needs to be done. In 2023, an estimated 288,000 U.S. men will be diagnosed with the disease, and nearly 35,000 will die. In 2018, PCF partnered in founding the Robert Frederick Smith Center of Precision Oncology Excellence, based at the Chicago VA, to specifically target research and care for Black men with prostate cancer.



bbb.org/charity

PCF meets all 20 of the Better Business Bureau's standards for charity accountability.



PCF has been designated a Top-Rated Charity by Charity Watch.



A Good Prescription for the Health of Black Americans

The African American Wellness Project (AAWP) was formed in 2002 to respond to inequities in the healthcare delivery system and is dedicated to health equity and better health outcomes for people of color. African Americans suffer from health conditions at a disproportionately higher rate than other ethnic groups. AAWP serves as a trusted megaphone providing culturally relevant tools, resources, information, and programming that enables and encourage African Americans to advocate for themselves and protect their health, regardless of insurance or circumstances.

Visit www.aawellnessproject.org for more information about AAWP's impact and our mission.



RESPOND

African American Prostate Cancer Study

RESPOND (Research on Prostate Cancer in Men of African Ancestry: Defining the Roles of Genetics, Tumor Markers, and Social Stress) is an active study supported by the National Cancer Institute (NCI) and the National Institute on Minority Health and Health Disparities (NIMHD) and the Prostate Cancer Foundation (PCF).

This large, collaborative study will help the cancer research community better understand and address disparities for why African American men are more likely to be diagnosed with aggressive prostate cancer than men of other racial and ethnic groups. If you are a man with prostate cancer and would like to enroll in the study or learn more, please visit pcf.org/RESPOND.

Prostate Cancer
Foundation
30 YEARS
Curing Together.



© Copyright 2009-2023 Prostate Cancer Foundation

1250 Fourth Street, Santa Monica, CA 90401
Tel 800.757.CURE (2873) | www.pcf.org



LANTHEUS™

Supported by an unrestricted
grant from Lantheus.