

CHAMPS LIFELINE

PROSTATE CANCER



Aside from non-melanoma skin cancer, prostate cancer is the most frequently diagnosed cancer in men in the United States. According to the American Cancer Society, an estimated **233,000 new cases** of and an estimated **29,480 deaths** from prostate cancer will have occurred in the United States during **2019**. About **60%** of all prostate cancer cases are diagnosed in men aged **65 years and older**, and **97%** occur in men aged **50 and older**. The probability of prostate cancer is **60% higher** in African-Americans than in Caucasians.

Top 3 Tips

1. EAT...

- Colorful meals (vegetables & fruits)
- Vitamin D (or take a pill)

2. DO...

- Exercise and be physically active
- Self-exams and know your numbers: BMI, height, weight, blood pressure, and PSA
- Talk to your doctor

3. AVOID...

- Excess salt
- Saturated fat
- Smoking
- Heavy drinking

Kofi Annan said that “Knowledge is power, and information is liberating,” and nothing could be more true when it comes to your health.

- Dr. James K Bennett