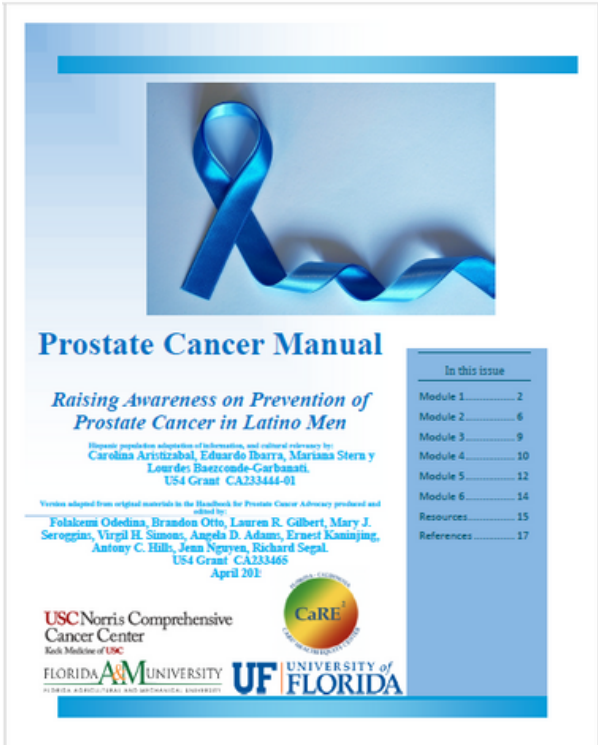


Resources



American
Cancer Society



Free Prostate Cancer Manual

In this manual you will find more information regarding screening methods and guidelines, how to detect and diagnose, and treatment options for prostate cancer.



Who are we?

CaRE2 Health Equity Center
Community Outreach Core



We aspire to

Eliminate cancer health
disparities among Black
and Latino communities
living in California and
Florida.

Contact Us

for more information



@Care2HealthEquity
 <https://care2healthequitycenter.org>



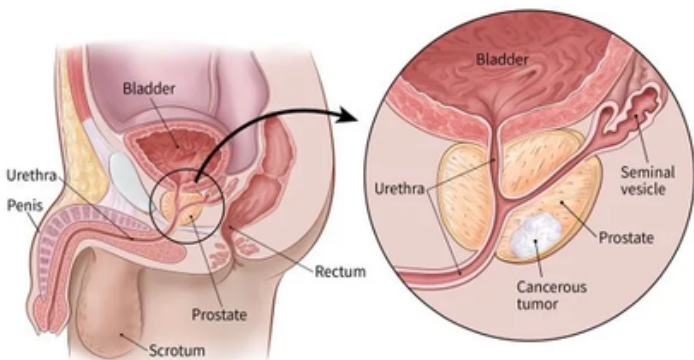
UNDERSTANDING Prostate CANCER





What is Prostate Cancer?

Prostate cancer starts when cells in the prostate gland, which is located below the urinary bladder and in front of the rectum, begin to grow abnormally and affect the surrounding cells.



Risk Factors



Older Age



Race



Environmental



Family History



Signs and Symptoms

Most males with prostate cancer are asymptomatic. If the cancer is advanced enough, some signs and symptoms may include:

- Blood in the urine.
- Difficulty urinating.
- Obstruction of the kidneys.
- Pain in the bones.



Statistics

- Most common cancer in American men, other than skin cancer.
- About 174,650 new cases of prostate cancer per year in the U.S.
- About 31,620 deaths from prostate cancer per year in the U.S.
- 1 in 9 men will be diagnosed with prostate cancer in their lifetime.



Ways to Advocate

Educate Yourself and Others

- Understand the risk factors, symptoms, treatment options, and the importance of early detection.
- Use social media and community events to share information about prostate cancer.

Promote Regular Screenings

- Advocate for men older than 50 to discuss with their doctor the most appropriate prostate cancer screening. Those with a family history of the disease should discuss this even when younger (40 yo).
- Provide brochures and pamphlets about the importance of early detection.

Join Advocacy Groups

- Become a member of prostate cancer advocacy groups.
- Volunteer your time and skills to these organizations.
- Attend rallies, marches, and conferences focused on prostate cancer advocacy.