

10 THINGS EVERYONE SHOULD KNOW ABOUT PROSTATE CANCER



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One in seven men will be diagnosed with prostate cancer in their lifetime.

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It is estimated that there will be 180,890 new prostate cancer cases in 2016 – as much as lung and colorectal combined.

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Know your risk and take appropriate action. The biggest risk factors are sex, race, and family history.

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Testing for prostate cancer is quick and easy and can be done with a simple blood test and a physical exam.

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There are no symptoms of early stage prostate cancer, making it critical to understand your risk and talk to your doctor about testing after you turn 40. Early detection saves lives.

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Exercising regularly, maintaining a healthy weight, and eating a heart-healthy diet can help reduce your risk of prostate cancer.

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Nearly 100 percent of men diagnosed with prostate cancer in its early stages are still alive five years after diagnosis.

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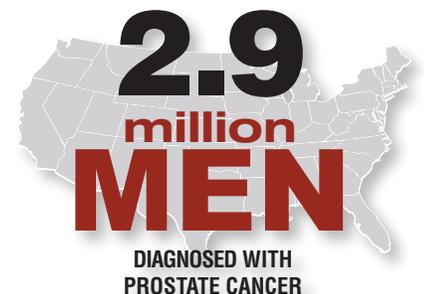
Prostate cancer is the second leading cause of cancer death in men.

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There are more than 2.9 million men in the US who have been diagnosed with prostate cancer.

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Knowledge is power. If you are or someone you love is diagnosed with prostate cancer, learn everything you can about your diagnosis. Visit www.zerocancer.org/learn.



10 WAYS TO GET INVOLVED WITH ZERO

- 1 Take the Challenge! Sign up for a Run/Walk, Golf Tournament, or Endurance Team.
- 2 Sign up to receive our e-newsletter, ZEROHour.
- 3 Like ZERO on Facebook.
- 4 Follow ZERO on Twitter.
- 5 Host a local event in your community to benefit ZERO.
- 6 Find free testing near you through ZERO's online testing database.
- 7 Become one of ZERO's Heroes.
- 8 Attend the ZERO Prostate Cancer Summit in Washington, DC.
- 9 Become a local advocate for ZERO in your community.
- 10 Donate to the ZERO Research Fund.

