

10 THINGS AFRICAN-AMERICANS SHOULD KNOW ABOUT PROSTATE CANCER



- 1 One in six African-American men will be diagnosed with prostate cancer in their lifetime.
- 2 African-American men are 2.3 times as likely as white men to die of prostate cancer.
- 3 It is estimated that there will be 164,690 new prostate cancer cases in 2018.
African-American men will be diagnosed with prostate cancer more than U.S. men of any other race. They are 1.7 times more likely than white men to be diagnosed with prostate cancer during their lifetime.
- 4 Nearly 29,000 men will die of prostate cancer in 2018.
- 5 Prostate cancer is the second leading cause of cancer death in African-American men.
Nearly 97 percent of African-American men diagnosed with prostate cancer in its early stages are still alive five years after diagnosis.
- 6 There are more than 2.9 million men in the U.S. who have been diagnosed with prostate cancer at some point in their lives.
- 7 Exercising regularly, maintaining a healthy weight, and eating a heart healthy diet can help reduce your risk of prostate cancer.
- 8 If someone in your family has been diagnosed with prostate cancer, your risk increases. Make sure you talk to your doctor about your risk and learn about testing.
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- 10

2.9+
million
MEN
DIAGNOSED WITH
PROSTATE CANCER

10 WAYS TO GET INVOLVED WITH ZERO

- 1 Take the Challenge! Sign up for a Run/Walk or Team ZERO endurance events.
- 2 Sign up to receive our e-newsletter and blog updates.
- 3 Like ZERO on Facebook.
- 4 Follow ZERO on Twitter and Instagram.
- 5 Host a local event in your community with ZERO's educational materials.
- 6 Find free testing near you through ZERO's online testing map.
- 7 Share your story and become one of ZERO's Heroes.
- 8 Attend the ZERO Prostate Cancer Summit in Washington, D.C.
- 9 Become a local advocate for ZERO in your community.
- 10 Donate to ZERO at zerocancer.org.

