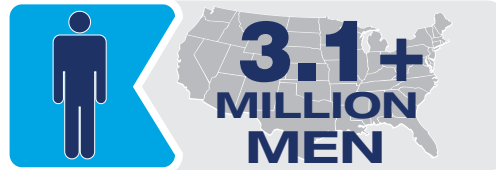


10 THINGS EVERYONE SHOULD KNOW ABOUT PROSTATE CANCER

1. One in nine men will be diagnosed with prostate cancer in their lifetime.
2. It is estimated that there will be 174,650 new prostate cancer cases in 2019.
3. Know your risk and take appropriate action. The biggest risk factors are sex, race, and family history.
4. Testing for prostate cancer is quick and easy and can be done with a simple blood test and a physical exam.
5. 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.



DIAGNOSED WITH PROSTATE CANCER

6. Exercising regularly, maintaining a healthy weight, and eating a heart-healthy diet can help reduce your risk of prostate cancer.
7. Nearly 100 percent of men diagnosed with prostate cancer in its early stages are still alive five years after diagnosis.
8. Prostate cancer is the second leading cause of cancer death in men.
9. There are more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer.
10. 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.



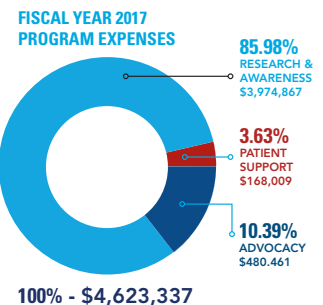
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86 CENTS OF EVERY DOLLAR GOES TO PROGRAMS & ACTIVITIES

YOUR DONATION AT WORK.



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 education materials.
6. Find free testing near you through ZERO's online testing database.
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

