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 191,930 new prostate cancer cases in 2020.

3. Know your risk and take appropriate action. The biggest risk factors are age, 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.

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 or someone you love is diagnosed with prostate cancer, learn everything you can about the diagnosis. Visit www.zerocancer.org/learn.

WHERE THE MONEY GOES

Federal EIN 59-3400922

86 CENTS OF EVERY DOLLAR GOES TO PROGRAMS & ACTIVITIES

YOUR DONATION AT WORK.

FISCAL YEAR 2018 PROGRAM EXPENSES

70.58% EDUCATION & AWARENESS

11.35% RESEARCH

7.10% PATIENT CARE

10.97% ADVOCACY

100% - $5,565,475
1. One in six African-American men will be diagnosed with prostate cancer in their lifetime.

African-American men are 2.2 times as likely as white men to die of prostate cancer.

2. It is estimated that there will be 29,750 new prostate cancer cases among black men in 2019.

African-American men will be diagnosed with prostate cancer more than U.S. men of any other race. They are 1.8 times more likely than white men to be diagnosed with prostate cancer during their lifetime.

Nearly 5,350 African American men will die of prostate cancer in 2019.

3. 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.

4. There are more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer at some point in their lives.

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

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.