

Community Health Coalition, Inc.

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Health Sunday : September 23, 2007

Topic: Prostate Cancer

Prostate cancer is the most common cancer, excluding skin cancers, in American men.

The American Cancer Society (ACS) estimates that during 2005 about 232,090 new cases of prostate cancer will be diagnosed in the United States. About 1 man in 6 will be diagnosed with prostate cancer during his lifetime, but only 1 man in 34 will die of this disease. A little over 1.8 million men in the United States are survivors of prostate cancer. For reasons that are still unknown, African-American men are more likely than white men to develop prostate cancer and are more than twice as likely to die from it.

Prostate cancer accounts for about 10% of cancer-related deaths in men.

Dr. Arnett Coleman, of Metropolitan Durham Medical Group says, "Prostate cancer can usually be detected in its early stages by having a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE)." Having a father or brother with prostate cancer greatly increases a man's likelihood of developing the disease.

For more information, read today's Health Sunday Flyer; and refer to the following websites: www.cancer.org



HEALTH SUNDAY IN THE BLACK COMMUNITY is a program of Health Tips. It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goers each 4th Sunday. Today's Health Tip is: **Prostate Cancer**

REMEMBER:
**A HEALTHY DURHAM
INCLUDES YOU!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. Please return the enclosed POSTCARD.

For more information on prostate cancer,
please see your local doctor.

Risk Factors:

- Over age 50
- Eating excessive amount of saturated fat in diet
- Being overweight or obese
- Family History of Prostate Cancer

Symptoms

- Frequent urination or inability to urinate
- Pain or burning on urination
- Blood in urine

Early Detection:

-Prostate cancer can usually be found in its early stages by having a prostate-specific antigen (PSA) blood test & a digital rectum exam (DRE).



Prevention:

- Eat plenty of fruits and vegetables, especially cooked tomatoes.
- Limit foods that are high in fats, such as red meats and dairy products.
- Achieve and maintain a healthy weight

**South Atlantic Division Cancer Facts & Figures for
2007 recent Prostate-Specific Antigen Test*, Men
50 & Older North Carolina (N.C.) and U.S., 2004**

	% N.C.	% U.S.
50 years and older	57.4	52.3
50-64 years older	51.7	46.7
65 years & older	67.7	62.1
White only, ** NH	60.6	54.3
Black only, (45+) ** NH	45.4	44.0
Other races only, ** NH	42.6	46.3
Low Education***	40.5	40.5

*Prostate-specific antigen test within the past year for men who reported they were not told by a doctor, nurse, or other health professional that they had prostate cancer

** NH - Non-Hispanic

***Adults 50 years old & older with less than a high school education



Thanks to our Health Sunday Coordinator: _____

A Message from your Community Health Coalition in association with:
The Interdenominational Ministerial Alliance of Durham and Vicinity,
North Carolina Mutual Insurance Company, Central Carolina Black
Nurses' Council Inc., and Durham Regional Hospital