

– THE FACTS ABOUT – PROSTATE CANCER¹

Other than skin cancer, **prostate cancer is the most common cancer** in American men

AN ESTIMATED

174,650

Americans will be diagnosed with prostate cancer a year

ABOUT

31,620

will die from the disease

ABOUT

1 in 9



American men will be diagnosed with prostate cancer during their lifetime

The average age for a man to receive a prostate cancer diagnosis is about

66
YEARS OLD



The risk of developing prostate cancer is **70% higher in African American men** than in non-Hispanic Caucasian men²

Early detection can save lives

Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it.

MORE THAN

2.9 M

American men **diagnosed with prostate cancer** at some point **are still alive today.**

HEALTHY LIVING WITH PROSTATE CANCER



Maintain a **healthy weight** with diet and exercise³

Eat a healthy **balanced diet**³



Be physically active

Studies show that men who take part in regular physical activity are less likely to develop prostate cancer or die from the disease.⁴

11 ways to add physical activity to your daily routine

- Walk the dog
- Golf, swim or other active sports
- Wash the car
- Do yard work
- Play active games with your family
- Take the stairs instead of the elevator
- Take a friend dancing
- Do arm curls, squats, lunges and sit-ups while watching TV
- Ride a bicycle
- Take breaks during work and go for short walks
- Participate in local prostate cancer run/walk

For more information about Prostate Cancer visit

www.ProstateCancerCareGuide.com

References:

1. Key Statistics for Prostate Cancer. American Cancer Society Website. <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>. Accessed August 2019.
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3. Can Prostate Cancer Be Prevented? American Cancer Society Website. <https://www.cancer.org/cancer/prostate-cancer/causes-risks-prevention/prevention.html>. Accessed August 2019.
4. Combat Prostate Cancer with Exercise. John's Hopkins Medicine Website. <http://www.hopkins-medicine.org/health/articles-and-answers/prevention/prostate-cancer-exercise>. Accessed August 2019.