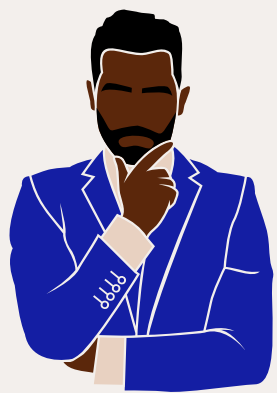
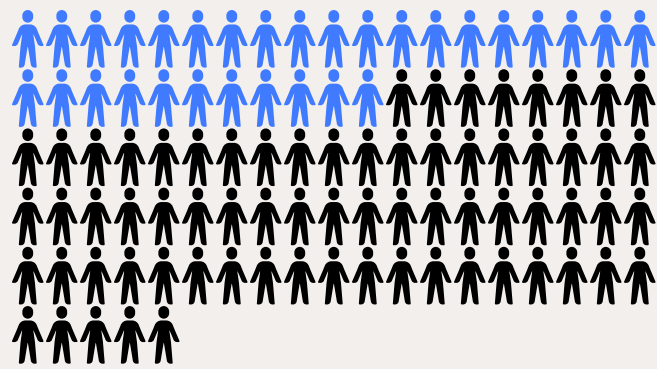


Reducing the Risk of Prostate Cancer for

Black Males Ages 30-45



BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME



30% OF BLACK MEN HAVE BEEN NEWLY DIAGNOSED WITH PROSTATE CANCER IN 2019 ACROSS THE UNITED STATES

BEHAVIORAL RISK FACTORS



37.1% OF BLACK MALES ARE CLINICALLY OBESE

BLACK MEN ARE LESS LIKELY TO RECEIVE ADAMANT TREATMENT FOR DEPRESSION OR MENTAL HEALTH STRESSORS



NEARLY 20% OF BLACK INDIVIDUALS FACE FOOD INSECURITY. ABOUT 42% OF BLACK MEN CONSUME "FAST FOOD" DAILY

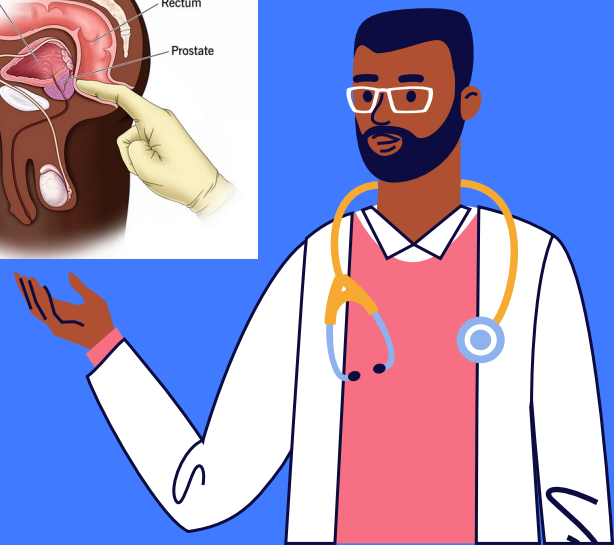
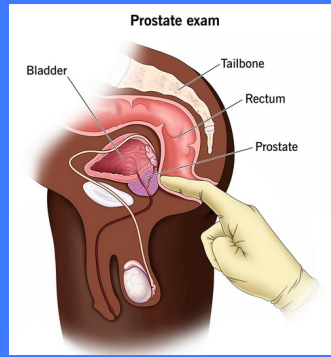


HOW TO ENABLE & REINFORCE THE RISK

List of Ways to Reduce Prostate Cancer

What is Prostate Cancer Screening (PCS)?
A Prostate Screening help ensures that any undetectable signs or symptoms to prevent the possibly of cancer

Ways to Prepare for A Prostate Exam
Eating a **HEALTHY** and **LIGHT** Meal **BEFORE** an PCS Exam



Locating Your Nearest Urologist

Black Men are **MORE LIKELY** to get screened **MORE OFTEN** if they discussed the pros and cons with their healthcare provider

WAIT THERE'S A WAY TO SOLVE THE PROBLEM

61%

MEN WHO COMPLETE ONE VIGOROUS WORKOUT PER DAY FOR 1 TO 3 HOURS CAN REDUCE THE RISK OF BEING DIAGNOSED

DIFFERENT EXERCISES THAT IMPROVE BLACK MEN'S HEALTH



COMPLETED BY JOY CLARKE

BLACK MEN'S PROSTATE CANCER INITIATIVE

This program was designed for Black Men to receive educational resources and advocacy regarding prostate cancer. This initiative services Black Men between the ages of 40-65 primarily in the Washington D.C. area.

TYPES OF RESOURCES THROUGH PROGRAM



PODCAST



SUPPORT GROUPS



HBCU WALK IN 2023



THE END OF PROSTATE CANCER

START GETTING SCREENINGS NOW TO ADD 10 YEARS ONTO YOUR LIFE!