



Prostate Cancer  
Foundation  
Curing Together.

# PROSTATE CANCER

Additional Facts for  
African American Men  
and Their Families



# No Man is Invincible



“It was shocking for me to learn that African American men have the highest death rate and shortest survival of any racial and ethnic group in the U.S. for most cancers, and that prostate cancer is the number one diagnosed cancer among veterans. It’s imperative that the black community understand the risks and do as much as possible to increase their chances of surviving or, even better, preventing the disease by making certain lifestyle changes.

***Men – you think you are invincible, but you are not. Get to the doctor, get checked. It could make the world of difference for you and your family.”***

— Chris Tucker

## Start Screening at Age 40

Did you know that 1 in 6 African American men will be diagnosed with prostate cancer (vs. 1 in 9 overall)?

Because African American men are more likely to be diagnosed and at a younger age, the Prostate Cancer Foundation recommends that you talk to your doctor about screening starting at age 40.

# Prostate Cancer and African American Men

**1** out of 9 U.S. men will be diagnosed with prostate cancer. Each year, nearly 175,000 men are diagnosed with this form of cancer and nearly 32,000 die as a result. Prostate cancer is the second most prevalent form of cancer in men. A non-smoking man is more likely to develop prostate cancer than he is to develop colon, bladder, lymphoma, and kidney cancer combined. While prostate cancer deaths have been reduced by more than 50% in the last two decades, the reality is still worse for African American men.

African American men are:

- ▶ 76% more likely to be diagnosed with prostate cancer than Caucasian men.
- ▶ more than twice as likely to die from the disease.

Although scientists do not yet understand why prostate cancer incidence and death rates are higher among African American men, it is widely believed that a combination of genetic differences, lifestyle and nutrition habits, and access to medical care may all play a role in the statistics. But for any man of any background, there are things you can do to better your chances for living a life free of prostate cancer.





# 6 LITTLE THINGS THAT MAKE A BIG DIFFERENCE

These few easy changes can minimize harm to your health and keep your loved ones safe.

## 1 Know Your Family History

Some cancers, including prostate cancer, run in families. If you have a family history of prostate cancer, your overall risk may be 2 times higher. We now know that many of the same genes that cause prostate cancer can also cause breast, ovarian, colon, and other cancers. Therefore, it is critical that you try to learn any information about your family's history of cancers— in both men and women, and on both mother's and father's sides of the family. Share this information with your doctor and update him/her about any new cancers in the family. Consult with older relatives to see if there is a family history of cancer and talk to your children and grandchildren about any increased risk your physician has identified.



## 2 Maintain a Healthy Diet

A low-fat diet with more than five servings of fruits and vegetables is healthiest. A heart-healthy diet with caloric control may help prevent many cancers. Studies have shown that antioxidants (compounds found in vegetables such as broccoli and cauliflower) may act like a sponge, mopping up molecules that can promote prostate cancer. Cooked tomatoes are also a good choice, as they contain lycopene, an antioxidant that may reduce the risk of developing aggressive prostate cancer.



## 3 Avoid Charred Meats

Here's an amazing fact: cancer-causing molecules similar to those found in cigarette smoke are present in charred meats. They accumulate in the prostate the same way that cigarette smoke carcinogens collect in the lungs. There, they can interfere with normal DNA processes, creating mutations that can contribute to the formation of prostate cancer. Changing how you cook meats can greatly reduce these hazards. Consider wrapping meat in foil before grilling, and flipping meat multiple times to minimize charring. Sugar-free marinades can also help prevent charring. Should charring occur, scrape off as much of it as possible before eating.

## 4 Exercise

Engaging in some form of vigorous exercise for at least 3 hours per week is essential for maintaining a healthy body, and may also help reduce the odds of dying from prostate cancer.

Studies have shown that men who are overweight and who have high insulin levels when they are diagnosed with prostate cancer may be more likely to die from the disease. Before starting an exercise program, be sure to talk with your doctor about how best to incorporate weight management and exercise strategies. For more information on nutrition and exercise, go to: [www.pcf.org/nutrition](http://www.pcf.org/nutrition).



## 5 Man Up. Get Your Annual Screening.

Prostate cancer is highly treatable if detected with recommended regular screenings. But often, it has no symptoms. That's why it's particularly important for African American men, given their higher probability of developing prostate cancer, to have a proactive plan. The National Comprehensive Cancer Network and PCF recommend that African American men consider talking to their doctors about PSA screening beginning at age 40, and to consider screening every year rather than every two years. Remember, risk is multiplied if you have a close relative with prostate cancer. So “man up” and schedule your prostate screening today – it starts with a simple blood test.

## 6 Talk About It

Male health issues, especially ones that may affect sexual organs, can be a taboo and unwelcome conversation – and that's why it's so important to connect with your family, friends, and colleagues to talk about the importance of early detection for prostate cancer. This disease shouldn't be swept under the rug. By discussing it with others, you can raise awareness of a disease that strikes African American men more than those of any other race. By starting a conversation about prostate cancer, you could be saving a life – possibly even your own.

*“I had to give my sons confidence. I told them, ‘It’s a fight and Daddy’s a fighter. We’re going to be ok.’”*

Sportscaster Brian Custer underwent surgery to have his prostate removed. Today he is cancer free and continues to get tested every three months.



# Take it from Snoop and “Uncle” Charlie Wilson



There have been lots of ups and downs in my life's journey, but nothing to prepare me for those four echoing words, "You have prostate cancer." How could that be? I was too young, and physically, I felt fine.

Thanks to the insistence of my wife, Mahin, early diagnosis followed by information and tough decisions saved my life. Through this process, I learned that the Prostate Cancer

Foundation (PCF) is funding research into why prostate cancer is more common in African American men. Their work to discover new treatments that enable men to live life to the fullest has given so many men and their families the hope and strength to fight this disease. The commitment of the folks at PCF convinced my wife and me that we could help by educating others. I've spent the majority of my life performing for people around the world. It's now time for me to start informing them.

Too many men are dying from prostate cancer. Join the fight by making prostate cancer something to talk about.

To learn more or to make a tax-deductible donation for someone in your life, visit: [www.pcf.org/aari](http://www.pcf.org/aari)

Peace and health,

A handwritten signature in blue ink that reads "Charlie Wilson".

"Uncle" Charlie Wilson  
American musician and songwriter

Photo Credit:

Charlie & Mahin Wilson  
Photographer: Kevin Winter

*"This is one battle we can win. Since my good friend Charlie Wilson was diagnosed, I have learned how this cancer affects our community. For brothers, and for all men period, help get the word out about this disease and please donate what you can."*

– Snoop Dogg, recording artist





PCF-funded researchers Isla Garraway, MD, PhD, a urologist at UCLA David Geffen School of Medicine and the West Los Angeles VA Medical Center, and Levi Garraway, MD, PhD, formerly at Dana-Farber Cancer Institute and now a senior vice president of global development and medical affairs at Lilly Oncology, are siblings. The Garraways lost their father to prostate cancer while they were in graduate school and were inspired to focus their scientific careers in prostate cancer research.

## About the Prostate Cancer Foundation

Since 1993, the Prostate Cancer Foundation (PCF) has raised more than \$788 million to support more than 2,000 research projects, making it the world's largest philanthropic source of research funding for prostate cancer. While the work supported by PCF has helped reduce the death rate by more than 50% from what was once projected, more still needs to be done. Nearly 175,000 new cases are diagnosed in the U.S. and nearly 32,000 U.S. men die from this disease each year. In 2018, PCF partnered in founding the Robert Frederick Smith Center of Precision Oncology Excellence, based at the Chicago VA, to specifically target research and care for African American men with prostate cancer.



[bbb.org/charity](https://bbb.org/charity)

PCF meets all 20 of the Better Business Bureau's standards for charity accountability.



PCF has been designated a Top-Rated Charity by Charity Watch.





## PCF's African American Health Disparities Research Initiatives

In 2013, the Prostate Cancer Foundation launched a program to equalize African American patient outcomes. **The PCF African American Health Disparities Research Initiative** supports some of the world's most innovative and creative research ideas, looking at hereditary, biological, and environmental factors that may predispose African American men to this disease far earlier than others.

As just one example, a recent PCF-funded study revealed that African American men with advanced prostate cancer actually fare equally well or better on clinical trials than Caucasian men. Although more research is needed, this data suggests that some of the disparity may be due to a gap in access to care.



# RESPOND

African American Prostate Cancer Study

**RESPOND** (Research on Prostate Cancer in Men of African Ancestry: Defining the Roles of Genetics, Tumor Markers, and Social Stress) is an active study supported by the National Cancer Institute (NCI) and the National Institute on Minority Health and Health Disparities (NIMHD) and the Prostate Cancer Foundation (PCF).

This large, collaborative study will help the cancer research community better understand and address disparities for why African American men are more likely to be diagnosed with aggressive prostate cancer than men of other racial and ethnic groups. If you are a man with prostate cancer and would like to enroll in the study or learn more, please visit [pcf.org/RESPOND](http://pcf.org/RESPOND).



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