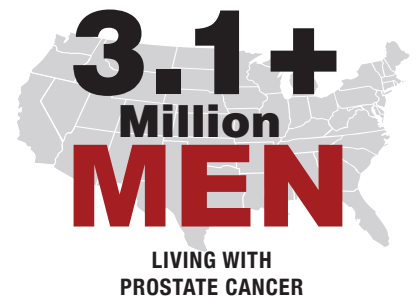


# 10 THINGS AFRICAN-AMERICANS SHOULD KNOW ABOUT PROSTATE CANCER



- 1 One in seven African-American men will be diagnosed with prostate cancer in their lifetime.
- 2 African-American men are 2.2 times as likely as white men to die of prostate cancer.
- 3 It is estimated that 29,750 African-American men will be diagnosed with prostate cancer in 2021.
- 4 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.
- 5 Nearly 5,350 African-American men will die of prostate cancer in 2021.
- 6 Prostate cancer is the second leading cause of cancer death in men.
- 7 Nearly 97 percent of African-American men diagnosed with prostate cancer in its early stages are still alive five years after diagnosis.
- 8 More than 3.1 million men in the U.S. are living with prostate cancer.
- 9 Exercising regularly, maintaining a healthy weight, and eating a heart healthy diet can help reduce your risk of prostate cancer.
- 10 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.





THE END OF PROSTATE **CANCER**

## 10 WAYS TO GET INVOLVED WITH ZERO

- 1 Sign up for a Run/Walk or Team ZERO endurance events.
- 2 Sign up to receive our e-newsletter and blog updates.
- 3 Visit [zerocancer.org/store](http://zerocancer.org/store) to shop for good.
- 4 Follow ZERO on social media!
- 5 Host a local event in your community with ZERO's educational materials.
- 6 Find free testing near you through ZERO's online testing map.
- 7 Share your story and become one of ZERO's Heroes.
- 8 Attend the ZERO Prostate Cancer Summit! Sign up at [zerocancer.org/summit](http://zerocancer.org/summit).
- 9 Become a local advocate for ZERO in your community. Learn more at [zerocancer.org/advocacy](http://zerocancer.org/advocacy).
- 10 Donate to ZERO at [zerocancer.org](http://zerocancer.org).

