



Prostate cancer is cancer that begins in the prostate. The prostate is a walnut-shaped gland in the male reproductive system.

EVERY



A MAN IS
DIAGNOSED WITH
PROSTATE CANCER

1 IN 8
AMERICAN MEN
WILL BE DIAGNOSED
WITH PROSTATE CANCER
IN THEIR LIFETIME



EVERY



A MAN
DIES OF
PROSTATE CANCER

OTHER THAN SKIN CANCERS,
PROSTATE CANCER IS THE
MOST COMMONLY
DIAGNOSED CANCER
AMONG MEN

TODAY, THERE ARE
3.3+ MILLION
PROSTATE CANCER SURVIVORS
ALIVE IN THE USA



BLACK MEN ARE
1.7X
MORE LIKELY TO BE
DIAGNOSED WITH AND
2.1X
MORE LIKELY TO DIE FROM
PROSTATE CANCER THAN
WHITE MEN



299,010

men are expected to be
diagnosed with prostate cancer

35,250

men are expected to die
from prostate cancer in



THE GOOD NEWS IS...



If caught early, more than **99%**
of people diagnosed with prostate
cancer will be alive in five years.

WHAT CAN I DO?

KNOW YOUR RISK

- RACE
- FAMILY HISTORY
- AGING
- DIET
- GENE CHANGES
- CHEMICAL EXPOSURE



TAKE THE RISK QUIZ

- Are you Black/African American?
- Are you a Veteran?
- Did your father or brother have prostate cancer?
- Are you over the age of 50?
- Do you consume a high-fat diet?

TALK ABOUT SCREENING



THE **NATIONAL COMPREHENSIVE CANCER NETWORK (NCCN)** RECOMMENDS THAT **BLACK MEN AND THOSE WITH A FAMILY HISTORY** SHOULD BEGIN TALKING TO THEIR DOCTOR ABOUT SCREENING **AS EARLY AS AGE 40**. MEN AT AVERAGE RISK SHOULD START THE DISCUSSION **AT AGE 45**.



AFTER SCREENING

If prostate cancer is suspected as a result of screening, a biopsy or further testing may be performed. If prostate cancer is confirmed, additional tests may be done to learn more about the tumor to determine treatment options.

ZERO offers resources for all those impacted by prostate cancer.



PATIENT ASSISTANCE

ZERO360: Comprehensive Patient Support

1-844-244-1309 (Toll-Free): zerocancer.org/zero360

ZERO360 is a free, comprehensive service, staffed by case managers who help patients and their families navigate insurance, find resources to help pay for treatment and living expenses, connect with emotional support services, and ensure access to care.



PEER SUPPORT

Us TOO Support Groups: zerocancer.org/supportgroups

A variety of peer-led virtual and in-person groups are available offering emotional support, resources, and education to empower those impacted by prostate cancer to make informed decisions on testing, treatment, and management of side effects.

MENtor: zerocancer.org/mentor

A one-to-one peer support network where trained, volunteer MENtors have a wealth of insights to share based on their experiences.

Online Support Services:

ZERO Connect facebook.com/groups/zeroconnect is a Facebook-based support group for participants to share stories, ask questions, and connect. An invite-only Facebook group also exists for Black men/caregivers (email healthequity@zerocancer.org for information).

The **Inspire Online Support Community (zero.inspire.com)** connects patients and loved ones to enhance the quality of life for all those affected by prostate cancer.

ZERO[®]
PROSTATE CANCER
ZEROCANCER.ORG