



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

**EVERY**



A BLACK MAN  
IS DIAGNOSED WITH  
PROSTATE CANCER

**1 IN 6  
BLACK MEN**

WILL BE DIAGNOSED  
WITH PROSTATE CANCER  
IN THEIR LIFETIME



**EVERY DAY  
NEARLY**

**17**

BLACK MEN DIE OF  
PROSTATE CANCER

DESPITE HIGHER RISK, STUDIES SHOW  
BLACK MEN ARE LESS LIKELY TO RECEIVE  
PSA TESTING THAN WHITE MEN.

**3.3+ MILLION**  
PROSTATE CANCER SURVIVORS  
ARE ALIVE IN THE USA

BLACK MEN IN THE U.S. AND CARIBBEAN HAVE  
THE HIGHEST DOCUMENTED PROSTATE CANCER  
INCIDENCE RATES IN THE WORLD.



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

## THE GOOD NEWS IS...

**Early Detection Saves Lives!** When 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 OUR QUIZ

Learn more about your risk for  
prostate cancer.



[zerocancer.org/risk-factors](https://zerocancer.org/risk-factors)

### TALK ABOUT SCREENING

FIND A  
DOCTOR  
YOU TRUST



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.**

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## AFTER SCREENING

If screening shows you might have prostate cancer, your doctor may do a biopsy. If they find cancer, more tests can help show how serious it is and what treatments might work best for you.

### Blitz The Barriers

**ZERO launched Blitz The Barriers** to transform communities by addressing the significant differences in prostate cancer outcomes. ***Join us!***

[zerocancer.org/blitz](https://zerocancer.org/blitz)



## PATIENT ASSISTANCE

### ZERO360 Helpline

**1-844-244-1309 (Toll-Free):** [zerocancer.org/zero360](https://zerocancer.org/zero360)

ZERO360 is a free service where case managers 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

**Support Groups:** [zerocancer.org/supportgroups](https://zerocancer.org/supportgroups)

A variety of virtual and in-person groups offer emotional support, resources, and education to empower those impacted by prostate cancer to make informed decisions on testing, treatment, and management of side effects. Groups led by and for Black men offer understanding and helpful resources that respect their unique experiences.

**MENtor:** [zerocancer.org/mentor](https://zerocancer.org/mentor)

A one-to-one peer support program that matches trained survivors with prostate cancer patients who want support from someone with similar experiences.

### Online Support:

Online communities for patients, survivors, and caregivers to ask questions and connect include:

**ZERO's Forum powered by Inspire:** [zero.inspire.com](https://zero.inspire.com)

**ZERO Connect:** [facebook.com/groups/zeroconnect](https://facebook.com/groups/zeroconnect)

### Black Men's/Caregiver Group:

[facebook.com/groups/zerobmpcsupportgroup/](https://facebook.com/groups/zerobmpcsupportgroup/)

