

Community Health Coalition, Inc.

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Date: September 28, 2008

Health Sunday Topic: Prostate Cancer

Dr. Arnett Coleman, an Internist at Metropolitan Durham Medical Group states:

“African American males are high risk for prostate cancer. After age 40, I urge African American men to see a doctor for appropriate tests to check for the disease. Early diagnosis can lead to a cure!”

Prostate cancer occurs when the cells of the prostate begin to grow uncontrollably. When caught and treated early, prostate cancer has a cure rate of over 90%. Prostate cancer is the most common non-skin cancer in America, affecting 1 in 6 men. The older you are, the more likely you are to be diagnosed with prostate cancer. African American men are 61% more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Men with a history of prostate cancer in the family are more likely to develop the disease. Although genetics might play a role in deciding why one man might be at higher risk than another, diet and lifestyle factors are likely to have an effect as well.



HEALTH SUNDAY IN THE BLACK COMMUNITY is a program of Health Tips. It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goers each 4th Sunday.

REMEMBER: A HEALTHY DURHAM INCLUDES YOU!

Prostate Cancer

Risk Factors: Eating excessive amounts of saturated fat, being overweight and having a family history of prostate cancer.

Symptoms: Frequent urination, pain or burning when urinating, inability to urinate, blood in urine and persistent back pain.

Early Detection: Most men with prostate cancer don't know they have it because it is a "silent" disease. It usually grows without symptoms or problems for months or years. Have a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE). **However, it is recommended that prostate cancer screening should not be performed on men 75 years of age or older.**

Prevention: Eat plenty of fruits & vegetables, especially cooked tomatoes. Maintain a healthy weight. Limit foods that are high in fats, such as red meats and dairy products.

Treatment: There are various treatment options. Careful consideration of the different options is an important first step in deciding on the best treatment course. Consultation with three types of prostate cancer specialists – a urologist, a radiation oncologist and a medical oncologist – will offer the most comprehensive assessment of available treatments and expected outcomes. It is also advisable to consult with a psychologist.

For more information, please refer to the following websites:

- www.cancer.org
- www.cancer.gov
- www.prostatecancerfoundation.org



Your Healthy Sunday Coordinator is:

A Message from your Community Health Coalition in Association with the Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Life Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.

REMEMBER: A HEALTHY DURHAM INCLUDES YOU!

Note: Please make enough copies of this flyer to distribute to each morning service attendee.