

Community Health Coalition, Inc.

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Health Sunday Topic: Prostate Cancer In Your Community

Prostate Cancer and African American Males

How would you know that you have prostate cancer? Unfortunately you may not. Some men will not have any symptoms. At other times symptoms may appear as blood in the urine, weak urine flow, difficulty starting urination, needing to urinate more often than usual, painful urination, and/or persistent back pain.

Dr. Arnett Coleman, an Internist at Metropolitan Durham Medical Group states "African American males are at high risk for prostate cancer. After age 40, see your doctor to get the appropriate test to check for the present of prostate cancer. Early diagnosis can lead to a cure."

For more information, read today's Health Sunday Flyer; and refer to the following websites:

www.cancer.org



**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.
Today's Health Tip is:
"Prostate Cancer"
in the
**African American
Community.**

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. [PLEASE return the enclosed POSTCARD.](#)

African American men are at a high risk for developing prostate cancer.

Prostate Cancer in the African American Community

Prostate cancer is an abnormal growth of cells in the prostate gland that forms a mass inside the prostate that if left untreated will begin to spread outside the gland into the body. The actual cause of prostate is not known.

Methods to prevent prostate cancer are not known but there are things that are known to help contribute to good prostate health. These include regular exercise, eating a healthy diet of fruits and vegetables, not smoking, low fat intake and maintaining checks with your doctor.

Although nobody knows why, African American men are at higher risk for developing prostate cancer than others:

All Races & Ethnic Groups	70.7%
African American	159.7%
White	64.4%
Hispanic	47.6%
American Indian Alaska Native	37.2%
Asian Pacific Islander	26.4%

In addition African American males risk are increased as they age and if there is a family history of prostate cancer.

Among African American men 45 years old the death rate from prostate cancer is only exceeded by lung cancer

Heart Disease	30.8%
Lung Cancer	8.3%
Stroke	6.8%
Prostate Cancer	5.3%
Emphysema	3.9%
Diabetes	3.8%
Colorectal Cancer	2.7%
Unintentional & Intentional Injuries	2.7%
Kidney Disease	2.5%
Pneumonia	2.4%

Your Health Sunday Coordinator is: _____

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