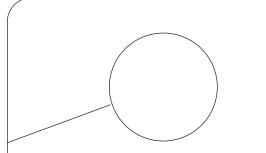
## PROT10: Protstate Self Exam Card

PROT10: front



PROT10: stock back



# Prostate Cancer Awareness

#### **Symptoms**

American Cancer Society - www.cancer.org
Early prostate cancer usually causes no symptoms.
More advanced prostate cancers sometimes
cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

### **FACTS**

Prostate Cancer Foundation - www.pcf.org

- Prostate cancer is the most common non-skin cancer in America.
- In the United States, 1 in 7 men will be diagnosed with prostate cancer in his lifetime.
- For men of African descent, 1 in 5 will develop prostate cancer. They are nearly 2.4 times more likely to die from it.
- Every 2.9 minutes, a man is diagnosed with prostate cancer. Every 20 minutes, a man dies from the disease.
- As men increase in age, their risk of developing prostate cancer increases exponentially. About 6 in 10 cases are found in men over the age of 65.
- Men with relatives–father, brother, son—with a history of prostate cancer are twice as likely to develop the disease.
- If it is detected early, prostate cancer is 100% treatable, and most men will not experience any symptoms.

## **PREVENTION**

There is no proven prevention strategy, but you may reduce your risk by making health choices
Mayo Clinic - www.mayoclinic.org

- Choose a low-fat diet
- Eat more fat from plants than from animals
- Increase the amount of fruits and vegetables you eat each day
- $\bullet\;$  Eat fish. Fatty fish such as salmon, tuna and herring
- Reduce the amount of dairy products you eat each day
- Maintain a healthy weight
- Exercise most days of the week for at least 30 minutes/day

This is not to take the place of a qualified physician and annual exam

Please remove all guideline indicators before submitting artwork

= Final Cut Size: 3.25" x 8"

= Ad Copy Area : 3" x 7.75"

Art must be within clearances - 0.125" on all sides.

= Art Bleed Area: 83.5" x 8.25"

When appropriate artwork should include

When appropriate, artwork should include - 0.125" bleed on all sides.