



PROSTATE CANCER

Straight Talk for
African-American Men
and Their Families



No Man is Invincible



There have been lots of ups and downs in my life's journey, but nothing to prepare me for those four echoing words, "*you have prostate cancer.*" How could that be? I was too young, and physically, I felt fine. I was also shocked to learn that the national numbers for prostate

cancer are staggering—1 in every 7 American men are diagnosed with the disease. The prospects are even worse for African-American men.

Thanks to the insistence of my wife, Mahin, early diagnosis followed by information and tough decisions saved my life. In the process I learned that the Prostate Cancer Foundation (PCF) is funding important research to discover new treatments that are enabling men to live more active, pain-free lives, and giving them and their families the strength to fight this disease. The commitment of the folks at PCF convinced my wife and I that we could help by educating others. I've spent the majority of my life **performing** for people around the world. It's now time for me to start **informing** them.

You can help me. This important guide has been prepared to give you the facts that may save your life or that of someone you love. Please read it and share the information with family and friends.

Too many men are dying from prostate cancer. Join the fight by making prostate cancer something to talk about.

Peace and health,

"Uncle" Charlie Wilson



Prostate Cancer and African-American Men

1 out of 7 American men are diagnosed with prostate cancer. Each year, more than 220,000 men are diagnosed with this form of cancer and more than 27,000 die as a result. Prostate cancer is the second most prevalent form of cancer, after melanoma, in men—a non-smoking man is more likely to develop prostate cancer than he is to develop colon, bladder, lymphoma and kidney cancer combined. While projected prostate cancer deaths have been reduced by more than 50% in the last two decades, reality is still worse for African-American men.

- *African-American men are 1.6 times more likely to be diagnosed with prostate cancer than Caucasian men.*
- *African-American men are also nearly 2.4 times more likely to die from the disease.*

Although scientists do not yet understand why prostate cancer incidence and death rates are higher among African-American men, it is widely believed that a combination of genetic differences, lifestyle and nutrition habits, and medical care may all play a role in the statistics.

But for any man of any race, there are things you can do to better your chances for living a life free of prostate cancer.

Know Your Family History

Some cancers, including prostate cancer, run in families. If you have a *first degree relative*—a father, grandfather, uncle or brother—who has had prostate cancer, your odds of getting it are nearly double. Sharing this information with your doctor will help your physician determine when you should begin annual screenings.



Maintain a Healthy Diet

A low-fat diet with more than five servings of fruits and vegetables is considered healthy. Current thinking is that a heart-healthy diet with caloric control might also help prevent many cancers. Studies have shown that antioxidants, like sulforaphane found in broccoli, act like a sponge, mopping up molecules that can cause prostate cancer. Pomegranate juice also contains antioxidants that may help prevent the incidence of this disease.

Avoid Charred Meats

Here's an amazing fact: Cancer-causing molecules similar to those found in cigarette smoke are contained in charred meats. They accumulate in the prostate just like cigarette smoke carcinogens collect in the lungs. There they can interfere with normal DNA processes, creating mutations that can contribute to the formation of prostate cancer. Altering how you cook meats can greatly reduce these hazards. Consider wrapping meat in foil before grilling and flipping meat multiple times to minimize charring. Marinating meats can also help prevent charring. Should charring occur, scrape off as much of it as possible before eating. These few easy changes can minimize harm to your health and to the ones you love.



Get Up and Move

Incorporating some form of exercise for 30 minutes, at least 3 times a week, is essential for maintaining a healthy body, and may also help reduce the odds of developing prostate cancer. Studies have shown that men who are

overweight and who have high insulin levels when they are diagnosed with prostate cancer may be more likely to die from the disease. Before starting an exercise program, be sure to talk with your doctor about how best to incorporate weight management and exercise strategies. For more information on nutrition and exercise, go to: www.pcf.org/nutrition.

Man Up. Get Your Annual Screening.

Detected early, prostate cancer is 100% treatable. But often, it has no symptoms. That's why it's particularly important for African-American men, given their higher probability of developing prostate cancer, to have a proactive plan. The American Urological Association recommends baseline screening for prostate cancer at age 40, with follow-up screenings based on personal family history and specific state of health. With early detection and treatment, the five-year survival rate is nearly 99%. So "man up" and schedule your prostate screening today.

Talk About It

Male health issues, especially ones that may affect sexual organs, can be a taboo and unwelcome conversation—and that's why it's so important to connect with your family, friends, and colleagues to talk about the importance of early detection for prostate cancer. This disease shouldn't be swept under the rug. By discussing it with others, you can raise awareness of a disease that strikes African-American men more than those of any other race. By starting a conversation about prostate cancer, you could be saving a life—possibly even your own.

More information on prostate cancer can be found at www.pcf.org.

"We guys are like babies when it comes to going to the doctor. We think we're invincible. But I can tell you I was real scared when I was told I might have prostate cancer. It's a reality that too many men, especially African-American men, have to face. Unlike many, I was lucky—my biopsy results were negative. I've learned that early detection and treatment saves lives. Join us. Get the facts, get the word out."

— **D.L. Hughley, comedian and actor**



Support the Charlie Wilson Creativity Award for Prostate Cancer Research

Since 1993, the Prostate Cancer Foundation (PCF) has raised more than \$615 million to support more than 2,000 research projects, making it the world's largest philanthropic source of research funding for prostate cancer. While the work supported by PCF has helped reduce the death rate by more than 50% from what was once projected, more still needs to be done. More than 220,000 new cases are diagnosed in the U.S. and more than 27,000 American men die from this disease each year.

In addition to getting the word out about early detection and treatment for prostate cancer, Charlie Wilson is helping PCF to raise funds for research to accelerate scientific discovery and the development of new treatments.

The PCF-Charlie Wilson Creativity Award supports one of the world's most innovative creative research ideas with high potential that otherwise would have gone unfunded. It is a high-risk/high-reward project that, if successful, could provide the basis for dramatically reducing death and suffering from prostate cancer in all men.

Help "Uncle" Charlie and PCF in the fight against prostate cancer. Your donation will bring hope to the nearly 3 million men and their families in the U.S. who are faced with this form of cancer. Please give today.

To make a tax-deductible donation, go to: www.pcf.org/donate

"This is one battle we can win. Since my good friend Uncle Charlie was diagnosed, I have learned how this cancer affects our community. For brothers, and for all men period, help get the word out about this disease and please donate what you can."

— Snoo Dogg, recording artist





Isla Garraway, MD, PhD, at UCLA David Geffen School of Medicine and Levi Garraway, MD, PhD, at Dana-Farber Cancer Institute and Harvard University, are siblings. They are both also PCF-funded researchers. The Garraways lost their father to prostate cancer while they were in graduate school and were inspired to focus their scientific careers in prostate cancer research.

Photo Credit:

Charlie & Mahin Wilson
Photographer: Kevin Winter

Charlie Wilson Performance
Photographer: Sean Gardner, Essence Music Festival, 2009



PCF has received a Four Star rating from Charity Navigator, the highest honor attained by fewer than 25 percent of U.S. public charities.



PCF has been designated a Top-Rated Charity by Charity Watch.



PCF is a Better Business Bureau Wise Giving Alliance Accredited Charity.





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Prostate Cancer Foundation

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