



What is Prostate cancer?

Prostate cancer can be one of those topics guys just don't like to talk about. But, it isn't something that should be ignored.

The disease – which occurs in the small gland that produces fluid for semen – is the second most common cancer among men in the United States. And, it tends to affect African Americans especially hard.

Who is at Risk?

According to the American Cancer Society, about 1 in 5 African-American men will be diagnosed with prostate cancer in their lifetime. What's more, they're more than twice as likely as Caucasian men to die from the cancer.

Being age 50 or older or having a father, brother or son who's had prostate cancer increases your risk for the disease. That's why it's important to do all you can to protect yourself.

One important way to do this is to get screened. There are two types of tests your primary care provider can use to screen for prostate cancer: a blood test or a physical test. These are done quickly and easily in their office.

Ask your doctor about getting screened for prostate cancer.

Talk with your doctor about the benefits of this screening and if it is right for you. Tell the doctor your concerns. It is important to talk openly about when and if to start screening. Ask what it will be like, how long it takes, and what care you will receive. Remember that you can choose to have a family member or friend with you during your appointment.

Ways to reduce your risk.

Your best options for prevention may be to follow a healthy lifestyle. Having good health habits helps lower cancer risk in general. **Be sure to:**



Eat well.

Choose more whole-grain foods that are high in fiber. Limit red meat. Avoid processed meats like bacon, hot dogs, chicken nuggets, sausage, lunch and canned meats. Limit high fat dairy foods, such as full-fat cheese sour cream, whole milk, and desserts like ice-cream. Eat five or more daily servings of different fruits and vegetables. Drink water instead of sugary sodas, sport drinks or other juices. Limit alcohol.



Get moving.

Try to get at least 30 minutes of physical activity five or more days a week. Go for a brisk walk with a friend to the park, local shopping center, or indoor basketball court at the recreation center. Find out how to get access to the local community center's gym.



Stay at a healthy weight.

Your provider can help determine what that is for you.



Avoid smoking.

If you don't smoke now, don't start. If you do smoke, talk with your provider about support and other ways that can help you quit. You can also get help with quitting smoking by calling **1-800-QUIT NOW** (1-800-784-8669) or visiting **smokingstopshere.com**.



We are here to help.

We can help you find a new doctor, schedule an appointment, or fill prescriptions. We are here for you! Please call us at

1-800-318-8821, TTY 711. Monday – Friday 8 a.m. – 7 p.m. ET.

Visit **UHCCommunityPlan.com** or **myuhc.com/communityplan**

If you would like more information about prostate cancer or other health topics:



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