

# PREVENTION WEDNESDAY

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City of Baltimore Health Department

## Prostate Cancer Prevention

### Did you know?

- Prostate cancer is the most common form of cancer among men in the US other than skin cancer.
- Prostate cancer is usually detected at a routine screening: prostate-specific antigen (PSA) blood tests or a digital rectal exams (DRE).
- The older you get, the greater the risk of getting prostate cancer.
- A man in his lifetime has a 16% (1 in 6) chance of being diagnosed with prostate cancer.

### Prevention at your finger TIPS:

**Tip 1: Have a primary care doctor and go see one today.** Call Baltimore Healthcare Access: 410-649-0500 or 311 for referrals or help with insurance.

**Tip 2: Be tobacco free.** Not smoking, maintaining a healthy diet, and being physically active can greatly reduce your risk of getting cancer. For help with quitting smoking call: 1-800-QUIT-NOW.

**Tip 3: Eat a balanced diet and exercise regularly.** Losing weight and eating healthy can help reduce your risk. Call Recreation and Parks: 410-396-7900.

**Tip 4: Know and reduce your risks.** Call: 1-800-4-CANCER to talk with a cancer specialist.

### Are you uninsured?

Was your last prostate screening over one year ago?

Are you a Baltimore City male resident age 50-70 or an African American Baltimore City male resident age 45-70?

If yes, you are eligible for a **FREE SCREENING!!!** 410.955.1348

**October 12:** Johns Hopkins and Chesapeake Urology's "Drive to End Prostate Cancer"  
Mt. Pleasant Ministries  
6000 Radecke Ave. 10:00 a.m. - 2:00 p.m.

**October 18:** Community Health Fair and Johns Hopkins Prostate Cancer Screening  
Oliver Community Center  
1400 E. Federal St. 11:00 a.m. - 3:00 p.m.

Mayor Sheila Dixon  
[www.preventionwednesday.org](http://www.preventionwednesday.org)

## Resources and References

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Baltimore Health Care Access

<http://www.bhca.org/>

1-800-QUIT-NOW

<http://1800quitnow.cancer.gov/>

CDC: Cancer Prevention and Control

1-800-CDC-INFO

Or call 1-800-4-CANCER to talk with a cancer specialist

<http://www.cdc.gov/cancer>

State of Maryland Center for Cancer Surveillance

Department of Health and Mental Hygiene

201 West Preston Street, 3<sup>rd</sup> Floor, Baltimore, MD 21201

1-800-477-9774

The Mayo Clinic

<http://www.mayoclinic.com/health/prostate-cancer/DS00043/DSECTION=symptoms>

Johns Hopkins Prostate Cancer Screening Program

410-955-1348

