

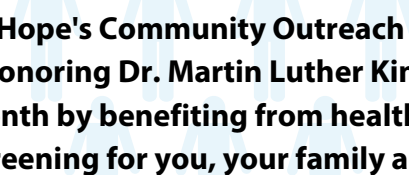


# City of Hope Honors Black History Month

In 2022,  
**111,990** Black/African American men  
and **112,090** Black/ African American  
women will be diagnosed with  
**invasive cancer.**

**224,080**  
Black/ African Americans  
were diagnosed with  
cancer and 73,680 died  
from cancer in 2022  
Cancer.org

**1 in 3**  
Black/ African American  
men and women will be  
diagnosed with cancer in  
their lifetime.



Join City of Hope's Community Outreach and Engagement team in honoring Dr. Martin Luther King Jr. and Black History Month by benefiting from healthier lifestyle and health screening for you, your family and community.

Most cancers are highly **treatable**  
and many are **curable** when  
**detected early.**

## Now is the time to take action!

### TAKING ACTION FOR LIFE SAVING SCREENING

1. Talk to your family to understand risk. If you have breast, colon and/or prostate cancer in your family; you may be at greater risk for prostate cancer.
2. Talk to your doctor about your risk and prostate cancer screening options.
3. Screening tests aim to detect potential health disorders in asymptomatic individuals, promoting early detection for effective treatment or lifestyle changes to reduce the risk of disease.
4. If you don't have a regular doctor... call your nearest community clinic or federally qualified health center (FQHC).

If you live in Los Angeles County call: **211 LA County**  
Community Clinic Association of LA County: **(213)**  
**201-6500** JWCH FQHC: **(323) 201-4516**

If you live in Inland Empire call: **(909) 799-7407**  
San Bernardino County: **(800) 722-4777**  
Riverside County: **(800) 720-9553**  
Community Health Association Inland Southern Region  
(CHAISR): **(909) 566-2555**

If you live in Orange County call: **211 Orange County**  
Coalition of OC Community Health Centers: **(714)**  
**352-5990**

### TAKING ACTION IN HEALTH AND MEDICAL STUDIES

- For Black men to truly benefit from medical advancements... we need you in biospecimen and clinical studies.
- In fact, Black men show better survival outcomes in prostate research and clinical studies; therefore, they should be prioritized and included.
- For an illness where a standard treatment exist, everyone receives treatment. Everyone in a clinical study receives either standard treatments, or a new treatment.
- Participating in biospecimen and clinical treatment studies helps scientists **develop new medications** and strategies for cancer treatment and prevention, ensuring safety and effectiveness of new treatments.
- Participating in survivorship studies helps find ways to improve survivorship and quality of life.
- To improve care for all, persons from all backgrounds, especially ethnic minorities should be prioritized and included in biospecimen, clinical and survivorship studies.

City of Hope (COH) Clinical Studies Line: Toll Free 877- 467-2411 Direct - (626) 218-1133 COH

Clinical Studies website: [www.cityofhope.org/research/clinical-trials](http://www.cityofhope.org/research/clinical-trials)

COH Clinical Studies Search: [www.clinicaltrials.coh.org/](http://www.clinicaltrials.coh.org/)

To get more prostate health information, visit [CityofHope.org/prostate-health](http://CityofHope.org/prostate-health).

For more information on community engagement, visit [CityofHope.org/COE](http://CityofHope.org/COE)

#### Clinical Studies Resources:

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

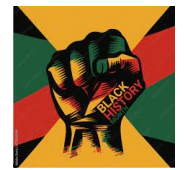
[www.clinicalstudies.info.nih.gov/](http://www.clinicalstudies.info.nih.gov/)

Call 1-800-4-CANCER (1-800-422-6237)

How to Use Search:

[www.clinicaltrials.gov/ct2/help/how-find/basic](http://www.clinicaltrials.gov/ct2/help/how-find/basic)





# City of Hope Honors Black History Month

## TAKING ACTION FOR YOUR HEALTH



Watch your calcium intake. Avoid taking more than 1,500 mg of calcium supplements a day.



Enjoy five or more servings, or half your plate, of fruits and vegetables daily, opting for whole grains.



Limit the amount of fat you get from red meat and dairy products.





Eating more fish may help protect against prostate cancer because of "good fat" — particularly omega-3 fatty acids.



Avoid smoking and drink alcohol in moderation, if at all.



Enjoy 150 minutes of moderate intensity activity weekly. Just 25 minutes of walking or practicing your favorite sport every day can help reduce your risk.





### Cancer Screening and Prevention

Getting regular screenings is one of the most important steps for preventing cancer. Also by enjoying 5-9 servings of fruits and vegetables, exercising, reducing alcohol and stopping tobacco and e-cigarette use -- you can lower your risk of many cancers and other illnesses.

The Human Papillomavirus (HPV) vaccine is recommended for 9-12 years old to prevent HPV linked cancers (e.g. cervical, throat cancers). HPV vaccine should be discussed with provider for people 27-45.

**Cancer screening can prevent cancer, and/or detect cancer early and save lives. Schedule your checkup and talk to your health care provider about cancer screening today!**



Use a phone to scan code for our 2-minute survey. Please complete anonymous survey to help us offer better health resources.

CANCER	TEST	AGE	FREQUENCY
COLON	Stool-Based Test (FIT/FOBT)	45 to 75	Yearly
	Stool-DNA Test (Cologuard)		Every 3 years
	Colonoscopy		Every 10 years
LUNG	Low Dose Computed Tomography Scan of Chest	50 and over (high risk former or current smokers, smoked 20+ pack years)	Yearly
BREAST	Mammogram	40 to 54	Yearly
		55 and over	May switch to every 2 years or yearly
CERVICAL	Pap Test	21 to 65	Every 3 years
	Primary Human Papillomavirus (HPV) Test or Pap Test and HPV Test	30 to 65	Every 5 years
PROSTATE	PSA (Prostate-Specific Antigen) Blood Test	45 and over (high risk)	If PSA is 2.5 ng/ml or greater, testing should be repeated yearly. Men with a PSA of less than 2.5 ng/ml may be tested every other year.
		50 and over (average risk)	If PSA is 2.5 ng/ml or greater, testing should be repeated yearly. Men with a PSA of less than 2.5 ng/ml may be tested every other year.

\*Adults 76 to 85, talk to your doctor about whether you should start screening earlier or continue screening beyond some of these ages.

## CITY OF HOPE

### A National System



- 2022 NCI Cancer Center Exceptional Rating
- Named as one of the top 10 "America's Best Hospitals" in cancer by U.S. News & World Report.
- Provides personalized, compassionate care with state of the art diagnosing and treatments based on pioneering drug research and therapies.
- Leading policy, legislations to increase care access.
- We believe every patient has a right to treatment regardless of background e.g age, race, ethnicity, gender, socioeconomics and other characteristics.
- 54% of our patients are ethnic minority; and 1,260 patients were on therapeutic treatment studies with 60% of these participants being ethnic minority.

## NATIONAL RESOURCES

COH- Honoring Contributions to Cancer Care  
 HHS Office of Minority Health  
 CDC Vital Signs – African American Health US Census Bureau  
 ACS- Cancer Disparities in the Black Community  
 NIH- Cancer Disparities  
 NAM- African American Health

## LOCAL RESOURCES

BlackDoctor.org  
 Black History Month  
 CA Black Women's Health Project  
 National Association for the Advancement of Colored People  
 National Black Nurses Association  
 National Black Church Initiative  
 Black Lives Matter