




# City of Hope and iCCaRE Taking Action on Prostate Cancer in Black Men

Men with a first-degree relative diagnosed with prostate cancer are considered high risk and should consider screening at age 40.

30,000 Black men will hear the words "You have prostate cancer" annually.

No. 1 Prostate cancer the most common cancer with the greatest disparity in incidence and mortality for Black men.



In the US, Black men have a **1 in 7** lifetime probability of developing prostate cancer.

Prostate cancer health inequities are known in our Black community. The lack of Black prioritization and inclusion in screening and studies are also known and deeply felt in our Black community.

**Now is the time to take action!**

## 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.

## 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. The typical test is a PSA, a simple blood test, a digital rectal exam (DRE) is only used when PSA is abnormal.
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**

## iCCaRE

We are prostate cancer researchers, clinicians, advocates and survivors joined to address the unique survivorship needs of Black men.

[www.iccare4blackmen.org](http://www.iccare4blackmen.org)



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 and iCCaRE Taking Action For Black Men's Health

## TAKING ACTION FOR YOUR HEALTH



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



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



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.



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



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

## POTENTIAL PROSTATE SYMPTOMS

The following changes may or may not be related to cancer, please talk to your doctor if you notice any symptoms...

- Weak or interrupted flow of urine
- Painful ejaculation
- Trouble urinating
- Pain or burning during urination
- Blood in the urine or semen
- Frequent urination (especially at night)
- A pain in the back, hips or pelvis that does not go away

## 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.

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

If you or a loved one would like to learn more about becoming a patient or getting a second opinion at City of Hope, call **800-826-HOPE (4673)**.