



# North Carolina: Alexander County

## MEN'S HEALTH

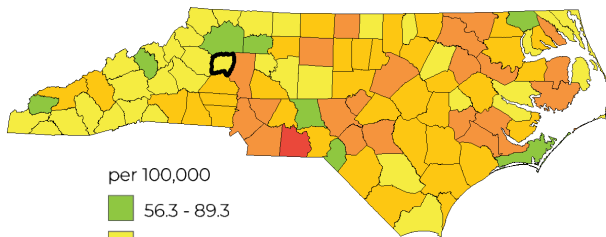
### Prostate Cancer Report 2023

#### New Cases

112

Overall new cases in Alexander County per 100,000 men

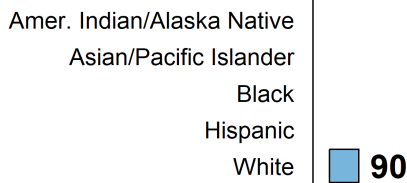
#### by County



#### by Race/Ethnicity

per 100,000

(missing bars indicate too few cases to report)

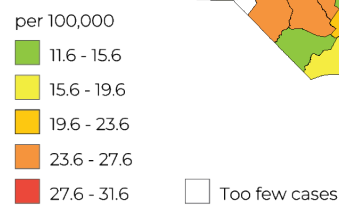
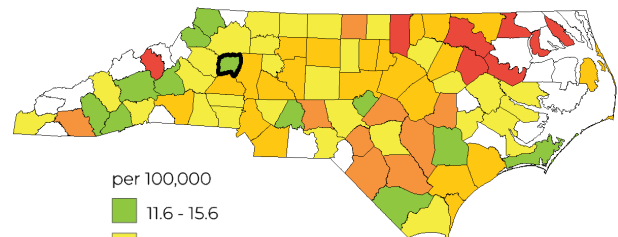


#### Deaths

14

Overall deaths in Alexander County per 100,000 men

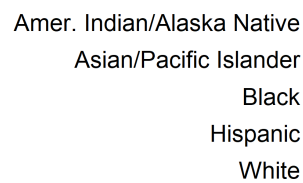
#### by County



#### by Race/Ethnicity

per 100,000

(missing bars indicate too few cases to report)



### Reducing Risk and Saving Lives

Prostate cancer is the #2 cause of cancer death for men in Alexander County (behind lung cancer). **Timely access to screenings, close monitoring, and appropriate treatment** are essential to reducing risk, combating disparities, and saving lives.

All men aged 40 and older can take action to reduce risk and save lives by:

**STARTING** the conversation with your medical provider about the benefits/risks of taking a prostate specific antigen (PSA) test with your cholesterol panel or other lab work.

**KNOWING** that you should get screened earlier if your father or brother has/had prostate cancer.

**REDUCING** consumption of fatty foods and **INCREASING** regular exercise to lose excess weight.

