



# North Carolina: Martin County

## MEN'S HEALTH

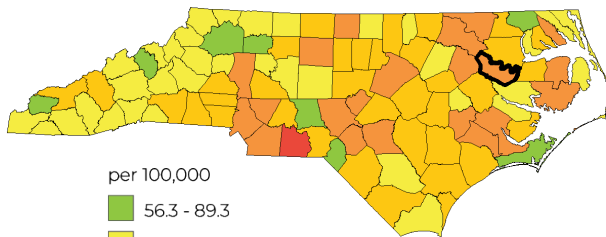
### Prostate Cancer Report 2023

## New Cases

# 132

Overall new cases in Martin County per 100,000 men

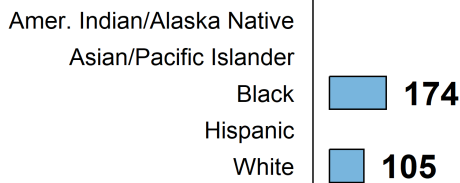
### by County



### by Race/Ethnicity

per 100,000

(missing bars indicate too few cases to report)

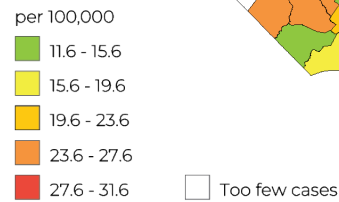
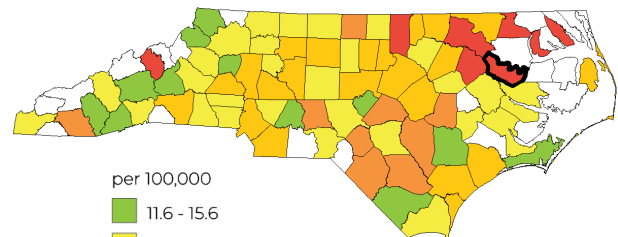


## Deaths

# 28

Overall deaths in Martin County per 100,000 men

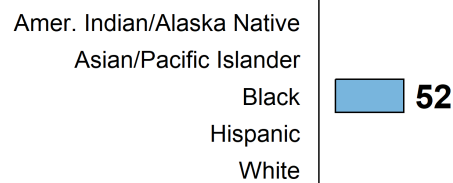
### by County



### by Race/Ethnicity

per 100,000

(missing bars indicate too few cases to report)



## Reducing Risk, Saving Lives, and Closing the Gap

Prostate cancer is the #2 cause of cancer death for men in Martin County (behind lung cancer). Black men are 1.7 times more likely to get diagnosed and 1.8 times more likely to die compared to *all* men (no data for white men). **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.

