

## **Reducing Risk and Saving Lives**

SCHOOL OF MEDICINE

Urology

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

CAROLINA

DEMOGRAPHY

All men aged <u>40 and older</u> 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.

To learn more visit us at:

med.unc.edu/menshealth/prostate-cancer