



North Carolina: Watauga County

MEN'S HEALTH

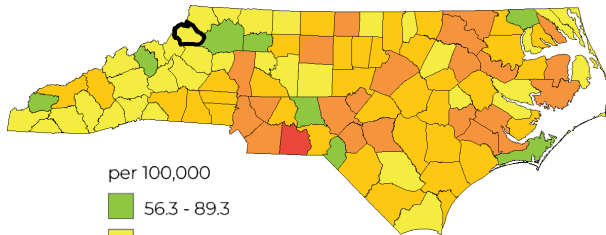
Prostate Cancer Report 2023

New Cases

105

Overall new cases in Watauga County per 100,000 men

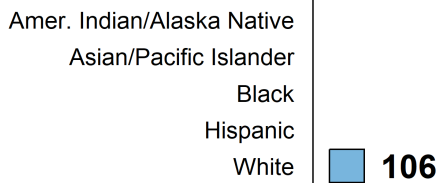
by County



by Race/Ethnicity

per 100,000

(missing bars indicate too few cases to report)

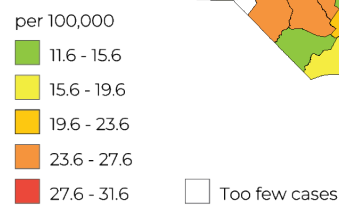
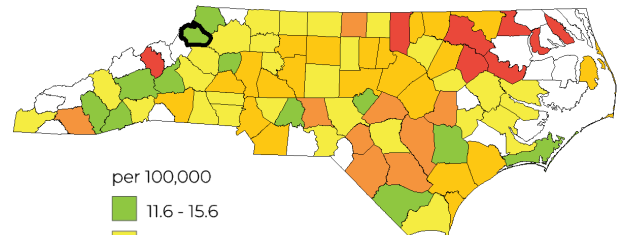


Deaths

13

Overall deaths in Watauga County per 100,000 men

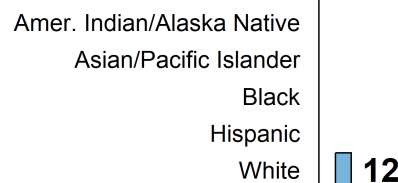
by County



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 Watauga 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.

