

SUNDAY MORNING Health Corner

Prostate Cancer Awareness Month

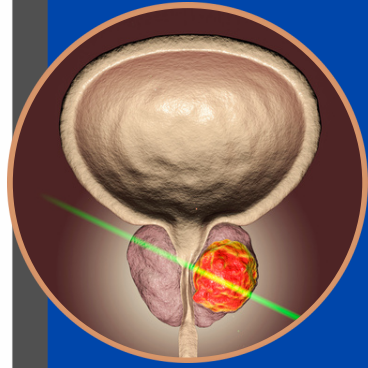
Prostate Cancer Awareness Month serves as a crucial period to focus on the significance of early detection and prevention, particularly within the **African American community**, where the rates of prostate cancer are disproportionately high.

African American men are **nearly twice** as likely to be diagnosed with prostate cancer and face higher mortality rates from the disease. Early detection **through PSA (Prostate-Specific Antigen) tests and DRE (Digital Rectal Exams)** can catch the cancer at an earlier, more treatable stage.

In addition to screenings, lifestyle changes can play a role in prevention such as:

- **A healthy diet**
- **Regular exercise**
- **Avoiding smoking**

Community health workshops, free screening events, and **partnerships** with local organizations can provide accessible resources and support. By advocating for early detection and preventive care, we can work towards reducing the high incidence and mortality rates of **prostate cancer in African American men**.



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