

North Texas Prostate Cancer Coalition

Annual Meeting, October 30, 2010



Together For Good Health

NTXPCC, Annual Meeting Agenda



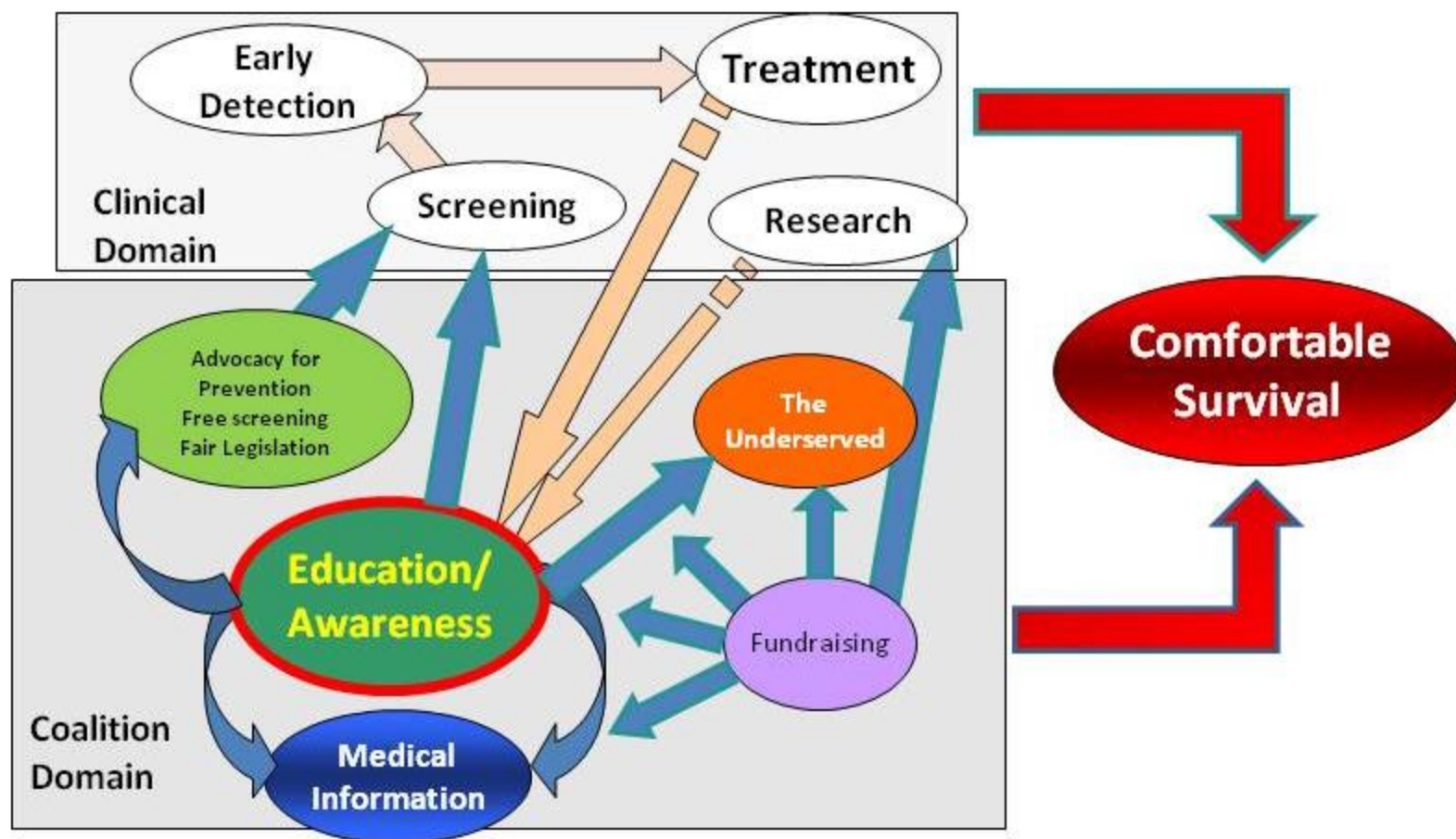
- Opening Remarks
 - The Coalition
- Administrative
 - Minutes
 - Election, Directors
 - Financial Reports, 2009, 2010 (Current)
 - 2010 Budget
- Program Review
 - Awareness Programs
 - Survivor Programs
- Concluding Comments
- Break
- Report on NASPCC Meeting
- Screening Support, Volunteers
- Health Fairs
- Risk Assessments
- Tyler Programs
- Open Discussion



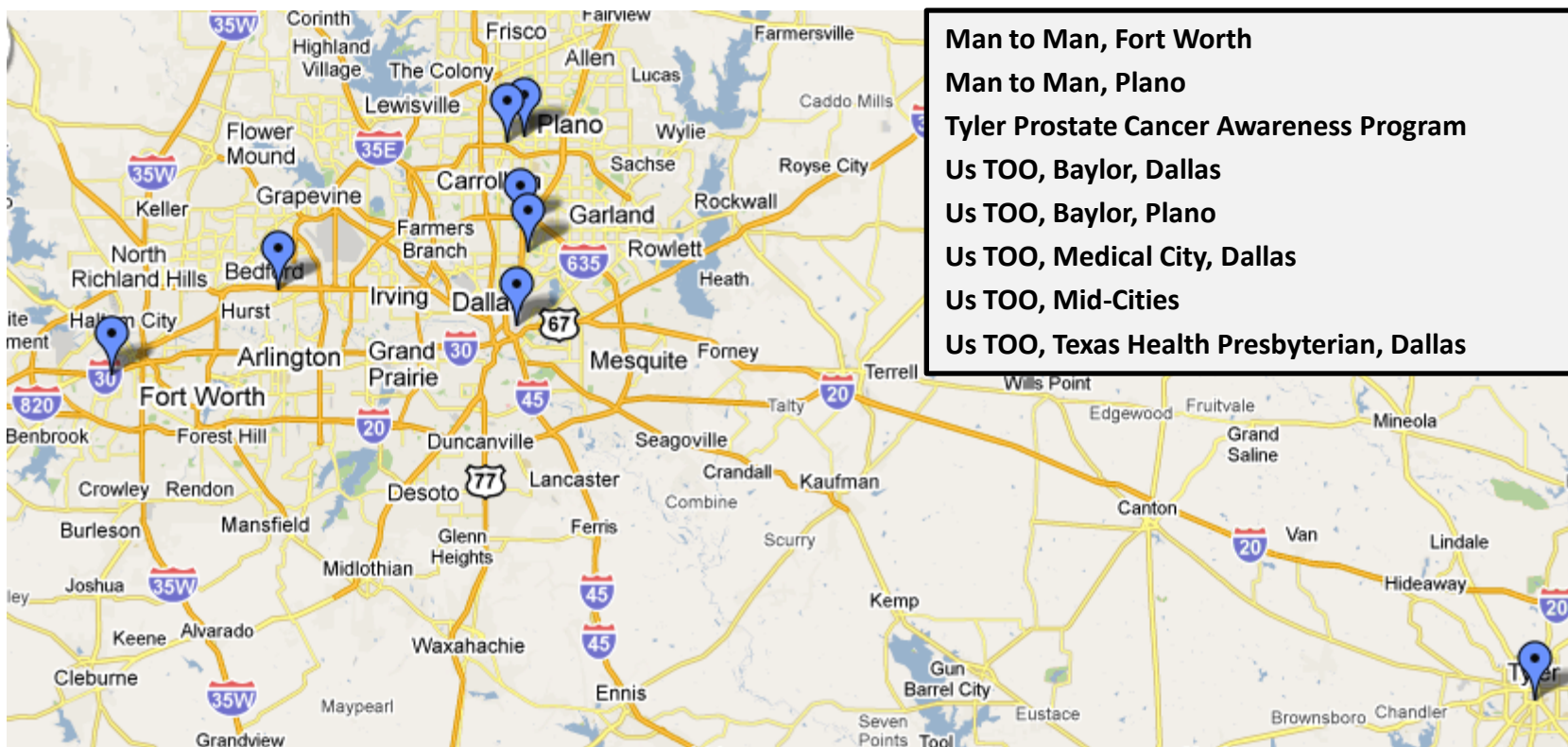
NTXPCC History

- Started with a website for a local Support Group in Fort Worth, 2008
- Found another survivor interested in awareness programs
- Added Six Support Groups within the DFW Area
- Formed a Coalition, Spring 2009
- Elected Directors & Officers, Fall 2009
- Applied for Non-Profit Status for Texas - approved
- Applied for 501 (c)(3) status with IRS - approved
- Expanded to include Tyler PCAP, June 2010

NTXPCC - Coalition Intention



NTXPCC - Current Coalition



Added Tyler PCAP, June 2010

NTXPCC Organization



Officers

Members

Medical Advisors

Board of Directors

Terrence Ates
Wolfram Blattner
Tom Dillon
Bruce Stahl
Terry Theiss
Bob Williams
Man-To-Man, FW (ACS Office)
Man-To-Man, Plano (Med. City, Plano)
Tyler Prostate Cancer Awareness Program (PCAP)
Us TOO Baylor, Dallas
Us TOO Baylor, Plano
Us TOO Medical City, Dallas
Us TOO Mid-Cities (at TH HEB, Bedford)
Us TOO TH Presbyterian, Dallas

Pete LaNasa, MD
Trey Moore, MD
Matt Shuford, MD



Coalition Status

Non-Profit

- Registered Non-Profit Corporation in Texas
- Received 501(c)(3) approval from IRS, Feb. 2010
- Exempt from Franchise Taxes

Coalition Plans



Area Interest Groups

- Some local prostate cancer groups not members of NTPCC

Statewide Interest Groups

- Identified some of them
- Statewide plans TBD

NTPCC

- NTPCC will stay as North Texas Coalition

Election, Directors



Current Directors:

Terrence Ates

Wolfram Blattner (3 years)

Tom Dillon (3 years)

Bruce Stahl

Terry Theiss

2009 Financial Statement



	Income	Expenses
Donations	\$425.68	
Organizational Expense		\$300.00 IRS, 501(c)(3)
Checking Account		\$ 22.20 Compass Bank
Certificate		\$ 25.68 State of Texas
<u>Total</u>	<u>\$425.68</u>	<u>\$347.88</u>
Cash on hand, Dec. 31, 2009		\$ 77.80

Bruce Stahl
Treasurer, NTPCC
bstahl@prodigy.net

Bruce Stahl
Treasurer, NTXPCC
bstahl@prodigy.net

10/30/2010

Budget, 2010

(BoD approved)

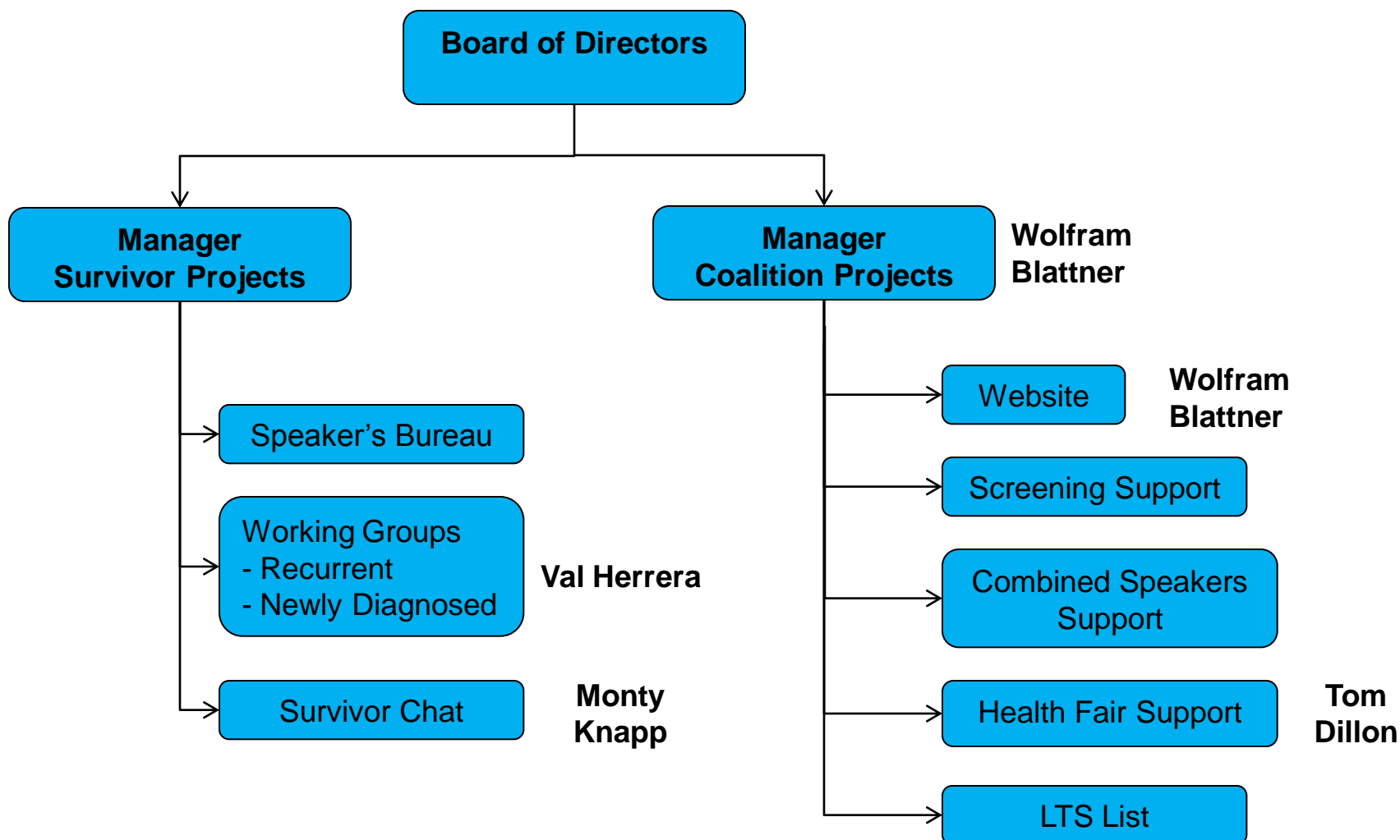


2010 INCOME	Income	Expenses
DONATIONS AND GRANTS	\$ 8,500.00	
EXPENSES		
HEALTH FAIRS AND SCREENING EVENTS		
PCa Model		\$ 60.00
Other Support		\$ 300.00
New Health Fair Brochure		\$ 2,000.00
	Total	\$ 2,360.00
AWARENESS PROGRAM (Brochure)		
Artwork		\$ 350.00
T-Shirt, Volunteers		\$ 360.00
Brochure Printing		\$ 1,500.00
	Total	\$ 2,210.00
SPEAKERS BUREAU		
Printing, CDs		\$ 200.00
	Total	\$ 200.00
OFFICE EXPENSES		
Printing		\$ 300.00
Postage		\$ 100.00
Awards		\$ 200.00
Contingency Funds		\$ 500.00
Website		\$ 100.00
Misc		\$ 60.00
	Total	\$ 1,260.00
	\$ 8,500.00	\$ 6,030.00

NTXPCC

- **Program Review, 2010**

NTXPCC Programs



2010 Progress

- 501 (c)(3) approved
- Added organization: Tyler PCAP
- Concentrated on Awareness Programs
 - Added Survivor Chat
 - Added Health Fair Support
 - Created Awareness Brochure
- Received Funding (2 grants and one major donation)

Awareness Programs

- **Speakers' Bureau**
- **Health Events Support**
- **Posters/Brochures**

Survivor Programs

- **Support Group Meetings**
- **Long Term Survivor (LTS) List**
- **NDX Program**
- **Workshop for recurring survivors**
- **Let's Talk on Tuesday ...**
- **STEPS**
- **Combined Speakers**

Website

Fundraising

Speakers' Bureau



Early Detection Presentation

- Baylor/Plano Screening (2)
- Tyler PHIGS Conference
- Medical City, Screening (3)
- Baylor/Dallas Screening (Continuous Slide Show)

Verbal Presentation

- Fort Worth Church

Other

- Community Involvement Presentation (PHIGS)

Health Fair Support



Typical Setup

- Stand-Up Poster
- PCa Model
- Handouts (mainly high risk Us TOO brochure)
- Area Screening List
- UT Risk assessment chart

Optional

- Online risk assessment (requires wifi)
Note: not used at screenings
- Early Detection presentation



**Note: We have too many handouts at some events
May be confusing!**

Awareness Events, Support (May – July, 2010)



May 15; Word of Life Ministries, Mesquite, Health Fair

May 15; Omicron Mu Omega Foundation, DeSoto, Health Fair

June 12; DadFest, Richardson; Health Fair

June 19; "It's a Guy Thing", Baylor/Dallas; Health Fair

June 19; "It's a Guy Thing", Baylor/Plano; Health Fair and Screening

June 24; Texas Health Presbyterian/UREF, follow-up screening

July 17; 50 Hoops Basketball Tournament – Prostate Cancer program

July 27; Health Fair, Texas DoT, Fort Worth

Awareness Events, Support (August – September, 2010)



Aug. 21; "Hotter Than Hell", Harley Davidson party (with Baylor/Dallas)

Aug. 27; Health Fair Station in connection with ManPower Conference

Aug 28; Health Fair, Destiny Church, Fort Worth

Sep. 4; Screening, Urology Res. & Ed. Foundation at Mt. Hebron Missionary Church

Sep. 7; Survivor Celebration, Baylor/Dallas

Sep. 11; Screening at The Medical Center of Plano

Sep. 17; PHIGS Conference ,Tyler; 2 presentations

Sep. 18; "Cruisin' for a Cure" car show and screening (with Texas Health Harris, FW)

Sep. 24; Dinner Lecture (50 Hoops)

Sep. 25; Screening at Baylor/Dallas

Sep. 25; Screening Day Medical City/Dallas

Sep. 27; Golf Tournament – Urology Research and Education Foundation

(20 Events during 2010)

Awareness Events, Not Covered



- June 19; **"It's a Guy Thing" – Baylor SW (FW), Baylor (Grapevine)***
- July 23; Golf Tournament "Know Your Score" (not accepted, also cancelled)*
- July 28; Health Fair, Craig Resource Center, Pleasant Grove (missed)*
- Sep. 18; Health Fair/Screening, Lancaster (Church) (Methodist Dallas)*
- Sep. 25; **Screening at Texas Health Harris HEB/Bedford** (HEB declined)*
- Sep. 25; Screening at Texas Health Presbyterian/Plano (not requested)*

Screening Data, 2010



- **Events**

- DadFest; THR Presbyterian/Dallas - Risk Assessment & follow-up screening
- Men's Health Day, Baylor/Plano (No DRE)
- Cruisin' for a Cure - Carshow (TH Harris Methodist/Fort Worth; USMD)
- Free PC Screening, The Medical Center of Plano
- Free Male Health Screening, Medical City/Dallas
- Free PC Screening, Baylor/Dallas
- UREF at Mt. Hebron Church, Plano
- TH Harris HEB/Bedford (September, did not participate!)

- **Requirements**

- PSA & DRE
- Some hospitals lowered minimum age requirements to 35 or 40

- **Numbers**

- 10% less than last year (DadFest; bad weather during Baylor/Dallas and Medical City Dallas screenings)

Screening – The Next Step #1 ?



- **NBA Opportunity?**
 - 2009 Screening at Chicago Cubs – NBA interest
 - **Presbyterian connected with Mavericks**
- **NFL Screening**
 - **NFL/AUA Screening Super Bowl week; who's participating?**
- **Zero has contract with Washington Capitals**
 - **Zero is visiting Philadelphia Flyers**
 - Screening possibility with Stars?
- **FC Dallas?**
 - **Presbyterian, Wolfram have connections**
- **Rangers?**
 - Where are Tom Grieve, Scott Murray?

Screening – The Next Step #2?



- **New Screening Program?**

- Small screening events (churches, clubs, etc.)
- Some hospitals have policies against “outside screening”
- Urology association or hospital identifies physicians/nurses for possible screening day
- Request will be honored if a minimum number of men are signed up before the fair (deals with small numbers)
- Screening times will be adjusted to number of men signed up

- **UREF screening at Mt. Hebron Church, Plano**

Brochure

Early Detection is the Key
to Successful Treatment.

GET SCREENED!



New guidelines by the American Urology Association (AUA) recommend prostate cancer screening for men aged 40 or older, stating that an above average PSA score at age 40 is a strong predictor of developing the disease later in life.

In addition, AUA recommends that men who wish to be screened have a digital rectal exam as well as PSA testing.

Risk factors for Prostate Cancer are

AGE

FAMILY HISTORY

and

RACE

Are you well informed?
Are you aware of your risks?
Do you know your PSA?

Get Educated About
Prostate Cancer!

Support and Member Groups

Man To Man, Fort Worth (at ACS Office)

Contact: Gayle Wilkins, 817-820-4868

Man To Man, Plano (at Plano Medical Center)

Contact: Gene Hogan, 214-473-7697

Tyler Prostate Cancer Awareness Program

Contact: Terrence Ates, 903-565-5926

Us TOO, Baylor Medical Center, Dallas

Contact: Polly Candela, 214-820-3595

Us TOO, Baylor Regional Medical Center, Plano

Contacts: Emily Gentry, 469-814-6753

Tom Dillon, 972-998-5221

Us TOO, Mid-Cities

(at Texas Health Harris Methodist HEB, Bedford)

Contact: Jaren Smith, 214-536-0254

Us TOO, Medical City Dallas Hospital

Contacts: Jan Tichenor, 972-566-5793

Justin Sucato, 214-405-5460

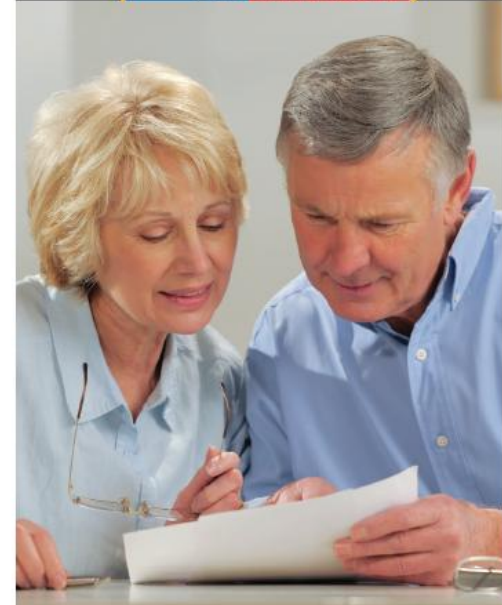
Us TOO, Texas Health Presbyterian, Dallas

Contact: Angie Clark, 214-345-5030

Check our supporters on our Website

www.ntxpcacoalition.org

Get Educated About
Prostate Cancer



Brochures

Education Brochure

- Intent to distribute to physicians
- Where are you on this?

Awareness brochure (screening)

- Planning stage
- Similar to Us TOO brochure
- Possibly combined with Us TOO



**Dadfest / Prostate Cancer Awareness Night
at the Dallas Mavericks
Wednesday, March 3, 2010 7:30 p.m.**

The Dallas Mavericks will be hosting the Dadfest / Prostate Cancer Awareness Night, Wednesday, March 3rd. We will be handing out Dadfest brochures, prostate cancer education brochures, and a free giveaway (TBD) at the doors as the fans enter the American Airlines Center.

Urology Research & Education Foundation will have a booth in the foyer where we will be conducting prostate cancer risk assessments. Urologists will be available to answer questions. We will also be taking registrations for Dadfest. Announcements will be made during the game about Dadfest, the prostate cancer information table and recognition of the prostate cancer survivors.

If you are interested in attending the game and would like to sit with the prostate cancer group and receive a turquoise Dadfest t-shirt please email Angela Clark at aclark@airmail.net or call her at 214-345-5030. The cost for tickets is \$15 for the upper level or \$69 for the lower level. Angela will purchase the tickets and you can reimburse her prior to attending the game. The deadline for requesting Mavericks tickets is **February 19th**.

This is our opportunity to promote prostate cancer awareness in a large venue. Lets have a good showing of support by having a big group in attendance.



Increasing Awareness

Support Group Meetings



- **Seven Support groups**
- **Two with regular “high” attendance**
- **Need more physicians’ support (Brochure ...)**
- **Lack of Speakers**

Long Term Survivor List



NTXPCC LTS volunteer members will talk about own experience only

LTS List

Surgery

Radiation

Other Treatment/Multiple Initial Treatment

Incontinence

Multiple Treatments (Recurrence)

Spousal Support

Patient Visits

Baylor/Dallas

USMD

Workshops

- **Low attendance**
- **NDX**
 - Currently on hold
 - Monthly meetings may not be attractive for newly diagnosed
- **Recurrence**
- **Combine?**
- **Need more support from physicians**



Let's talk on Tuesday
about Prostate Cancer



*Sponsored by the Prostate Cancer Resource Center and
The North Texas Prostate Cancer Coalition*

Prostate Cancer Survivors are waiting to talk with you ...

- Informal chat sessions with survivors
- Learn about treatment options and questions to ask your doctor.
- Provide reassurance and support you may need to face treatments.
- Learn about support groups and educational classes offered free!

Tuesdays - from 10:00 am - 2:00 pm

Cancer Resource Center - Klabzuba Tower Ground Floor
1300 W. Terrell Avenue, Fort Worth, Texas 76104

For more information – contact Gayle Wilkins, MSN, RN, OCN
Prostate Cancer Resource Center - 817-820-4868

TexasHealth.org

Doctors on the medical staff practice independently and
are not employees or agents of the hospital.



Survivor Chat

- Slow start, but picked up
 - Some great sessions
 - Time used to prepare for other events on slow days
-
- Need more physicians' support

STEPS To Surviving Prostate Cancer



**6 week series, coordinated by the Prostate Cancer
Resource Center at Texas Health Harris, Fort Worth**

Program run in spring and fall

**Attendance declined compared to previous years
Need increased physicians' support**

Combined Speakers Support

2009

- **1st Annual Prostate Cancer Survivors' Celebration (Baylor/Dallas)**
Local speaker: Scott Murray
Attendance ~ 150
Recognition Award

2010

- **2nd Annual Survivor Celebration (Baylor/Dallas)**
Baylor CEO addressed issues with New Healthcare
System Recognition Award
Attendance ~ 200
Unable to secure Dr. Ian Thompson

Combined Speakers

2011 Plan

- **Seems that Baylor/Dallas will continue the Annual Survivor Celebration event**
 - **Possible speaker identified**
- **National Speaker**
 - **Possible National Speaker (Dr. Partin), April 2**
 - **Can't concentrate on single speaker**
 - **Anybody volunteering for 2012?**
 - **Should be separate from September Survivor Celebration event**
- **Please notify us in time if you are planning to bring in other speakers**
 - **We will support**

Website

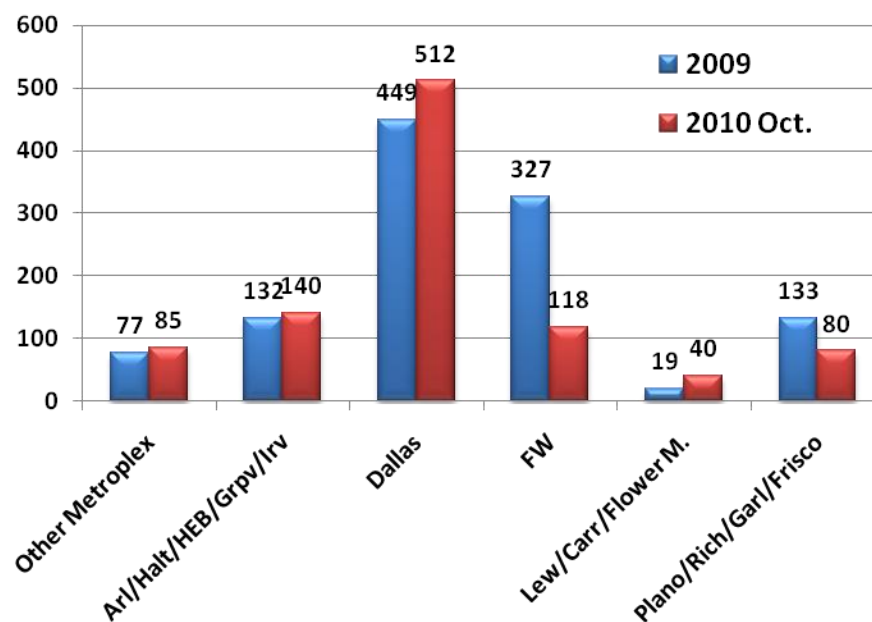
- **Plenty of Information**
 - Up-to-date
- **Try to stay away from controversial information**
 - Three medical advisors
- **All events are posted**
 - Chapter leaders are responsible for correctness of information regarding their respective chapter
 - Related events are posted as well
- **Added page for sponsors/supporters**
- **Love to have input / suggestions**
 - Major or minor

Website – Traffic



Area Hits, 2009/2010

	2009	2010(Oct15)
Total Hits:	1,527	1,474
Average:	4.2/day	5.0/day
#Countries	11	24
#US Cities:	203	291
#US States:	41	45
- Includes DC		
Texas:	84%	
NTX:	79 %	
Metroplex:	76%	
Increase of 19%		



New Effort

Outreach to Underserved

- Working with 50 Hoops and Potter House
- Trying to create Support Group in South Dallas
(large minority population)

Member Response



- Good working relationship with and between members
- Specific actions
 - *Request for registration of screenings (AUA Website, early 2010)*
 - *Survivor Celebration*
 - *Request for petition (“Help Football Fans See Blue”)*
 - *Research survey*
 - *Super Bowl Screening*
 - *Brochure distribution*
- **Please increase communication**

Challenges

- Need program managers
- Manpower shortage
- Physicians' Support
 - “I trust the Coalition, but not all Support Groups”
 - “I think a recurrence group poorly reflects on my clinic”
- Hospital Support
 - We have financial support
 - We also need awareness support:
 - “Medical City Dallas Goes Pink”
 - How about: “ ... Hospital and NTXPCC Go Blue?”

- **Mission Statement**

To provide support to existing state prostate cancer organizations; to facilitate the development of new state prostate cancer organizations; and to serve as a collective and collaborative voice to make prostate cancer a national health care priority.

- **Currently 30 State Coalitions (plus DC)**

- Including Texas (TPCC)
- Will add 2 or States by the end of the year
- Some of the “State Coalitions” are single groups
- Membership definitions within NASPCC will be re-defined

NASPCC Meeting – Chicago

(Oct 3-4)

- **State Coalition Expectations**
 - Support Early Detection
 - Participate in patient education
 - Develop statewide communication network
 - Participate in National/NASPCC activities, requests and task
- **Main emphasis on assisting in strengthening State Coalitions**
- **Minutes mailed to NTXPCC leadership**
- **Guest Speaker**
 - **Alan Partin, MD (Johns Hopkins)**
Bio-Markers

Screening Support - Example



When helping at a screening event: (Car Show, FW)

Make sure men know what they are waiting in line for...

Explain there will be both a lab test and DRE – it is important to do both (assure them it's not too bad) and if they say they want to only test PSA – explain it's our policy to do both. If they don't want to do both, than they need to excuse themselves from the screening.

Ask the men if they are having any urinary problems (burning, pain, that type of thing.)

Screenings are for men with NO symptoms (BPH symptoms are okay).

Ask when they had their last screening. If it was anytime within this year (last 9 months) than ask them to wait for next screening.

This is NOT the place to be checking on previous elevated PSA's or double check someone else's results.

Make sure the men have not already been treated for cancer. (We always get a few wanting a follow up PSA)

Make sure they are old enough! At least 50 – if they are younger and want to be screened, ask them to talk to nurses first to determine if at high risk and appropriate to be screened.

**Policies at different
screening events will be
different**



Health Fair Support - Example

Job Descriptions for Survivors at Health Fairs (TH Harris Methodist - Modified)

Be friendly and engage men of screening age in conversation.

Ask men if they have been screened for prostate cancer in the last year.

It is okay to tell them that you are a survivor and encourage them to get tested.

Distribute pamphlets – but don't force them. If someone really doesn't want it – they'll just throw it away at the next trash can.

Answer questions the men have about how they do testing, what's it like, that type of thing.

Do not go into details about your personal experience with biopsy, or other specific medical details.

The emphasis here is to assure them it's not so bad and probably saved your life.

Refer specific medical type questions to the nurse with you at the event (if applicable).

Encourage men to get screened or see their Dr. – but do not push too hard....

There is still controversy about the benefit of PSA testing and its overall impact on prostate cancer survival. – OK to mention screening risks

Encourage women to take the information home to the “men in their lives” – it might be a husband, brother, father, son, uncle, boyfriend, etc...

Risk Assessment

Cancer Risk: Washington University School of Medicine
Siteman Cancer Center

<http://www.yourdiseaserisk.wustl.edu/>

Risk of Positive Biopsy: UT Health Science Center

<http://deb.uthscsa.edu/URORiskCalc/Pages/calcs.jsp?>

“Know your Stats”: AUA Foundation (descriptive only)

<http://www.knowyourstats.org/>

Other risk assessment calculators probably not suitable for health fairs

- Require more specific data (free PSA, etc.), not available from most men
- Data input by survivors will be questioned

Notes:

- Neither tool is preferred
- This is not a push for risk assessment;
this is merely a description of what is available

Risk Assessment – Washington University School of Medicine

Inputs

Sex

Age

Previous cancers?

(other than melanoma)

Family History, father or brother

Hispanic

Race

Height

Milk/yogurt/cheese

Animal fat (red meat, cheese)

Tomato based food

Example

Male

65

No

Don't Know

No

white

5'8"

1-2 servings/day

>5 servings/day

<5 servings/week

Risk increases with

- Height
- High calcium intake
- High intake of animal fat
- Lack of lycopene

<http://www.yourdiseaserisk.wustl.edu/hccpquiz.pl?lang=english&func=home&quiz=prostate>

Risk Assessment – Washington University School of Medicine

Cancer

Diabetes

Heart disease

Osteoporosis

Stroke

8 ways
to prevent
disease

What is...?

Prevention

Risk

A Screening Test

How to...

Estimate Risk

Community Action

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About This Site

Link to Us

Glossary

Cancer—Prostate cancer

Results: Prostate cancer

Compared to a typical man your age, your risk is **above average**

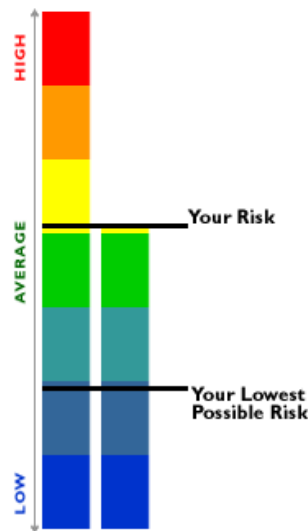
Screening Tip

Beginning at age 50, talk to a doctor about the risks and benefits of screening. [More >>](#)

Results, Using Example Data

Above average risk doesn't mean you'll definitely get cancer. It's just an estimate based on your risk factors, some of which you may not be able to change. If you have any concerns, talk to a doctor.

Your risk is
above average



Watch Your Risk Drop

You have 2 things you can do to lower your risk. To see what your risk could be, click on a box and watch your risk drop:

- ☐ Eat less than 5 servings of foods that contain animal fat a day. [\[Tips\]](#)
- ☐ Eat 5 servings of tomato-based foods a week. [\[Tips\]](#)

Prostate cancer has few controllable risk factors. But it's still important to know your risk and how these factors relate to it. Choose a healthy lifestyle to protect against prostate cancer as well as other diseases. And don't forget to follow the screening recommendations.

Keep up the good work!

You're already doing these things to lower your risk:

- You don't get too much calcium. [\[More\]](#)

UREF Experience with Know Your Risk

40% no match

Risk Assessment Results	Screening Results
Above average	Normal 7
Average	Normal 1
Below average	Normal 8 Abnormal 3
Low risk	Normal 1
Much above average	Normal 5

Risk Assessment – UT Health Science Center

Risk of Biopsy-Detectable Prostate Cancer

Fields marked with asterisks (*) are required.

Enter Your Information	
* Race	African American ▾
* Age	66
* PSA Level ?	20 ng/ml
* Family History of Prostate Cancer ?	Yes ▾
* Digital Rectal Examination ?	Normal ▾
* Prior Prostate Biopsy ?	Never Had A Biopsy ▾
* Is the patient taking finasteride?	No ▾

Calculate Cancer Risk

BMI Adjusted Calculator

Risk Incorporating PCA3

Figures

Disclaimer

- Valid for age 55 and above
- <55? Risk will be greater
- No DRE? Assume normal
- No PSA? Assume typical

Based upon 5519 men in PCP trial
Also available:
- BMI and PCA3 adjusted calculator

<http://deb.uthscsa.edu/URORiskCalc/Pages/calcs.jsp?SubmitUseBMICalc=>

Risk Assessment – UT Health Science Center

Risk of Biopsy-Detectable Prostate Cancer

Results

Based on the data provided, the person's estimated risk of biopsy-detectable prostate cancer is **73.4%**.

The **95% Confidence Interval** for this prediction is **68.7% to 79.1%**.

[More information about the confidence interval](#)

The person's estimated risk of biopsy-detectable **high grade** prostate cancer is **64.7%**.

The **95% Confidence Interval** for this prediction is **50.5% to 79.1%**.

[More information about the confidence interval](#)

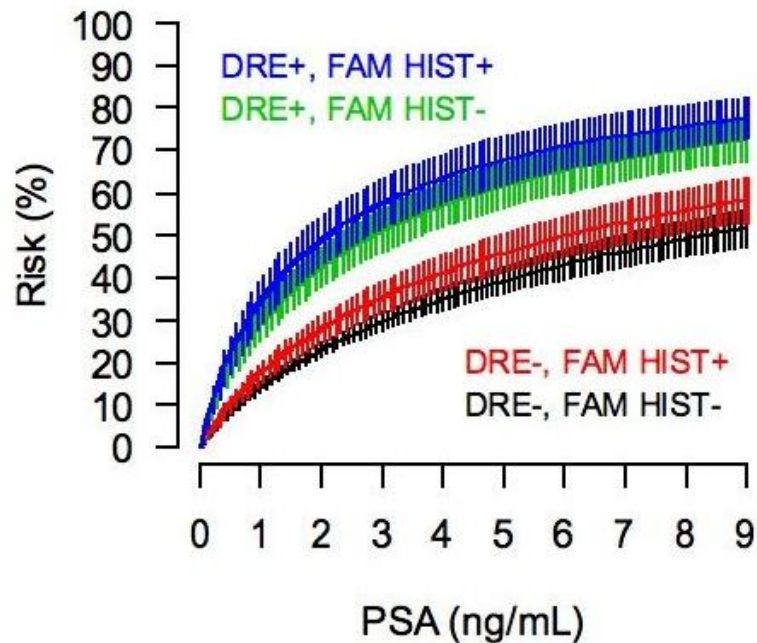
Your Information

Race	African American
Age	66
PSA Level	20 ng/ml
Family History of Prostate Cancer	Yes
Digital Rectal Examination	Normal
Prior Prostate Biopsy	Never Had A Biopsy
Is the patient taking finasteride?	No

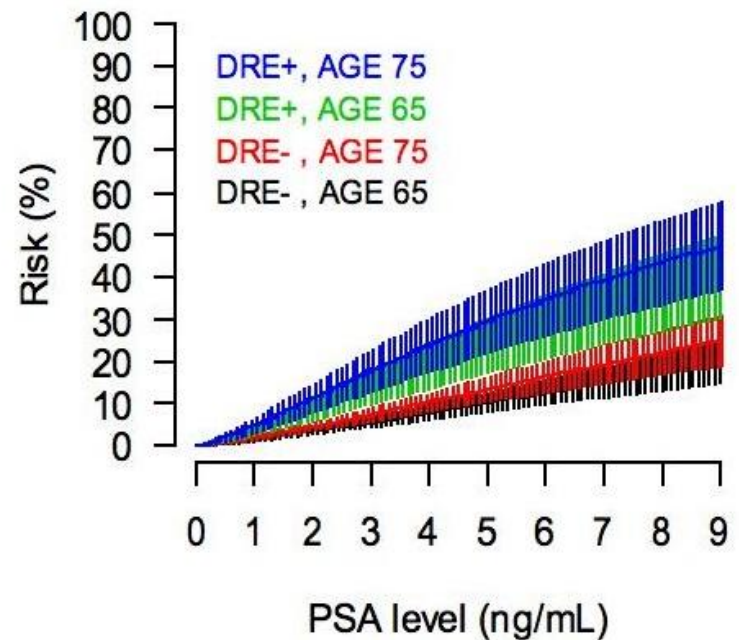
Another Calculation

Risk Assessment – UT Health Science Center

Risk of Prostate Cancer



Risk of High-Grade Disease



AUA Foundation

http://www.knowyourstats.org

The screenshot shows a Windows Internet Explorer browser window displaying the AUA Foundation website. The address bar shows the URL <http://www.knowyourstats.org/RunTheScreen/advantagecallback.asp>. The browser's menu bar includes File, Edit, View, Favorites, Tools, and Help. The toolbar shows various icons for navigation and utility. The website's header features the "Know Your Stats" logo with the tagline "About Prostate Cancer" and a navigation menu with links for HOME, ABOUT US, CONTACT US, and SHARE YOUR STORY. Social media icons for Facebook and Twitter are also present. The main content area is divided into several sections: a left sidebar with links like "Run the screen", "Find an event", "Join the team", "Resources", "Press room", and "Donate"; a central "Run the screen" section with text about prostate cancer screening and a "Talk to Your Doctor" section; and a right section titled "Find an Event and Take Action" which includes a zip code search form. At the bottom, there are three small video thumbnails labeled "HELP SPREAD", "HOW YOU + YOUR", and "PROSTATE CANCER TREATMENT".

Know Your Stats
About Prostate Cancer

HOME ABOUT US CONTACT US SHARE YOUR STORY

Run the screen

Know Your Stats About Prostate Cancer®
Prostate cancer is the most common non-skin cancer affecting men in the United States, but is most treatable when caught early. Establishing a baseline prostate-specific antigen (PSA) score at age 40 can help doctors better interpret your future PSA scores. Know your stats—and don't let prostate cancer take you out of the game.

Talk to Your Doctor. Especially If You're 40
The American Urological Association recommends that men age 40 and older talk with their doctor about prostate cancer testing. Knowing your score today could help save your life later.

Rank Your Risk [[click here](#)]
What's your prostate cancer risk? Rank yours with our self-assessment tool* and see how your health profile stacks up. * Disclaimer

Find an Event and Take Action
Across the country, urologists, along with national and local organizations, have joined the campaign to help men know their stats about prostate cancer. Many are offering free or low-cost prostate cancer screenings. **Enter your zip code below to find a screening event near you.** Or, simply **find a urologist** in your area.

Please enter your zip code

Q&A **Ask Mike**
VIDEO ANSWERS TO SEASON STATS AND MORE.

HELP SPREAD HOW YOU + YOUR PROSTATE CANCER TREATMENT



Early detection is your best defense. How do you score?

Rank Your Risk

Was your father diagnosed with prostate cancer?

Family history of prostate cancer may lead to a higher risk of prostate cancer diagnosis.

- ☐ No
- ☒ Yes – my father was over age 65 at diagnosis
- ☐ Yes – my father was under age 65 at diagnosis
- ☐ I do not know



NEXT

Yes - my father was over age 65 at diagnosis

Having a father with prostate cancer increases your risk for having it too. Tell your doctor about your family history of prostate cancer.



Knowyourstats.org

- Age group
- Ethnicity
- Family history: Father
- Family history: Brother
- Height & weight
- Diet: red meat, full fat dairy, fried foods
- How often 5 or more servings of vegetables a day
- Serve on active military duty
- Know your PSA number?
- Ever had a DRE?

Compared 3 Assessment Tools

- 55 yr old
- African-American
- Ht 5'11, 180 lbs.
- FH of prostate cancer in father
- Good diet; low animal fat; high intake of veggies
- Know PSA value (2.5 ng/ml)

PCPT

Risk 32.1% (Avg man is 16%)

Siteman

Risk Above Avg

Results

Based on the data provided, the person's estimated risk of biopsy-detectable prostate cancer is **32.1%**

The **95% Confidence Interval** for this prediction is **29.1% to 36%**.

[More information about the confidence interval](#)

The person's estimated risk of biopsy-detectable **high grade** prostate cancer is **8.2%**.

The **95% Confidence Interval** for this prediction is **3.8% to 12.7%**.

[More information about the confidence interval](#)

Your Information

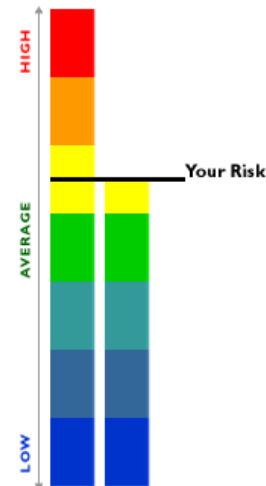
Race	African American
Age	55
PSA Level	2.5 ng/ml
Family History of Prostate Cancer	Yes
Digital Rectal Examination	Normal
Prior Prostate Biopsy	Never Had A Biopsy
Is the patient taking finasteride?	No

Results: Prostate cancer
Compared to a typical man your age, your risk is **above average**

Screening Tip
Beginning at age 50, talk to a doctor about the risks and benefits of screening. [More >>](#)

Above average risk doesn't mean you'll definitely get cancer. It's just an estimate based on your risk factors, some of which you may not be able to change. If you have any concerns, talk to a doctor.

**Your risk is
above average**



Based on how you answered the questionnaire and what we know about prostate cancer, you're doing what you can to lower your risk.

Prostate cancer has few controllable risk factors. But it's still important to know your risk and how these factors relate to it. Choose a healthy lifestyle to protect against prostate cancer as well as other diseases. And don't forget to follow the screening recommendations.

Keep up the good work!

You're already doing these things to lower your risk:

- You don't eat 5 or more servings of food with animal fat a day. [\[More\]](#)
- You eat 5 or more servings of tomato-based foods a week. [\[More\]](#)
- You don't get too much calcium. [\[More\]](#)

No risk given

pat,

Age is an important risk factor for prostate cancer. The chance of having prostate cancer goes up as a man gets older. The American Urological Association recommends men who expect to live at least 10 years should discuss the risks and benefits of PSA screening with their doctor. Know your PSA score and pay attention to changes in that score over your lifetime. Talk to your doctor about prostate cancer screening.

African American men are at highest risk of prostate cancer—it tends to start at younger ages and grow faster than in men of other races. They have about a 60 percent higher incidence than White men. All men should be checked for prostate cancer, beginning at age 40. Your doctor will recommend a screening schedule for you.

Having a father with prostate cancer increases your risk for having it too. Tell your doctor about your family history of prostate cancer.

Even men who do not have a family history of prostate cancer can still get it.

Your BMI was 25. Having extra weight is not healthy overall. It could increase your risk of dying from prostate cancer. Take steps to get in shape now.

A high-fat intake increases a man's risk for advanced prostate cancer. Keep up the good work of not having too much of these foods in your diet.

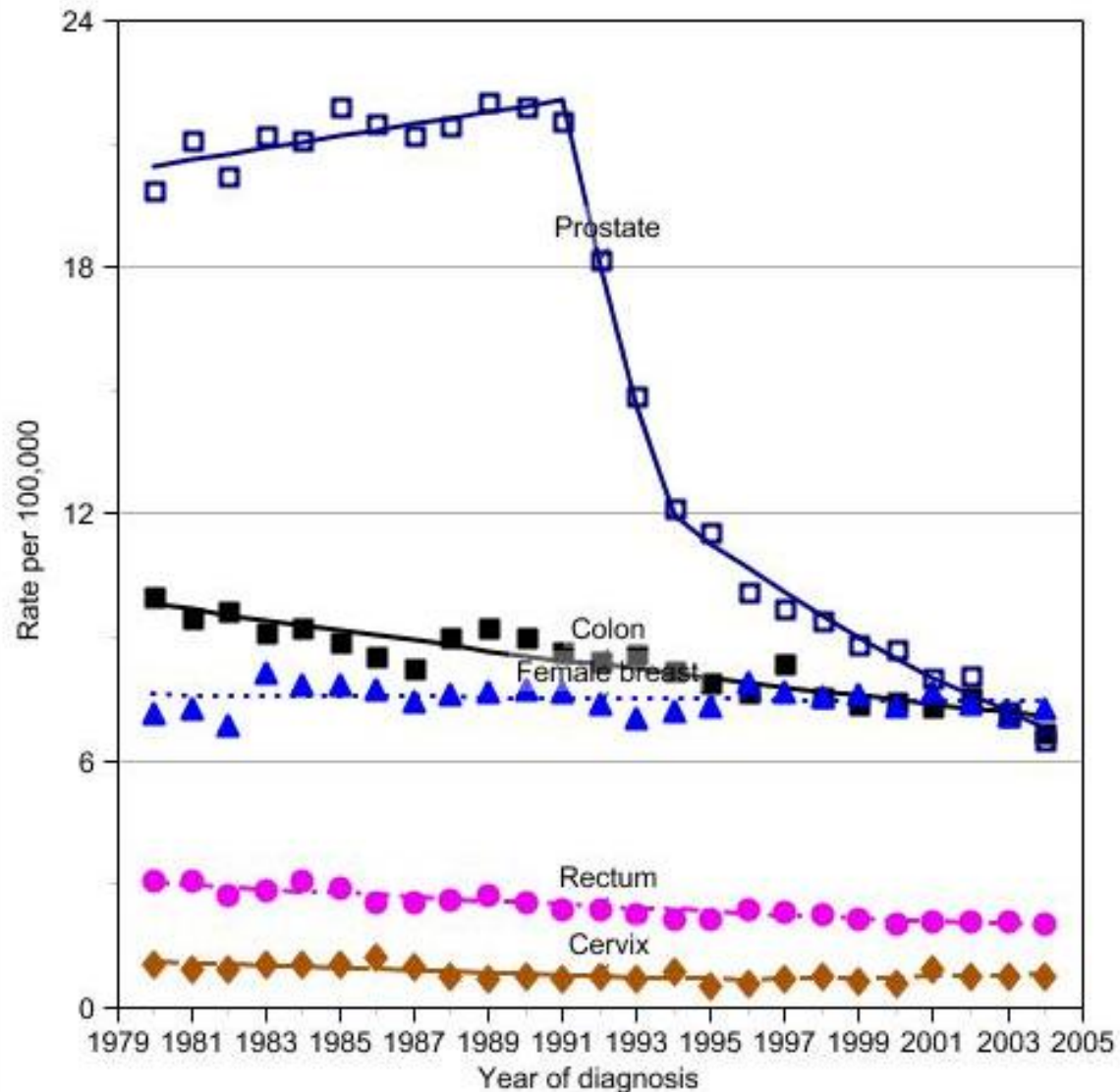
Many fruits and vegetables have vitamins and minerals that can help keep you healthy. Keep eating these healthy foods regularly.

Even though you did not serve in the military, you may still be at risk for prostate cancer. Talk to your doctor about prostate cancer screening.

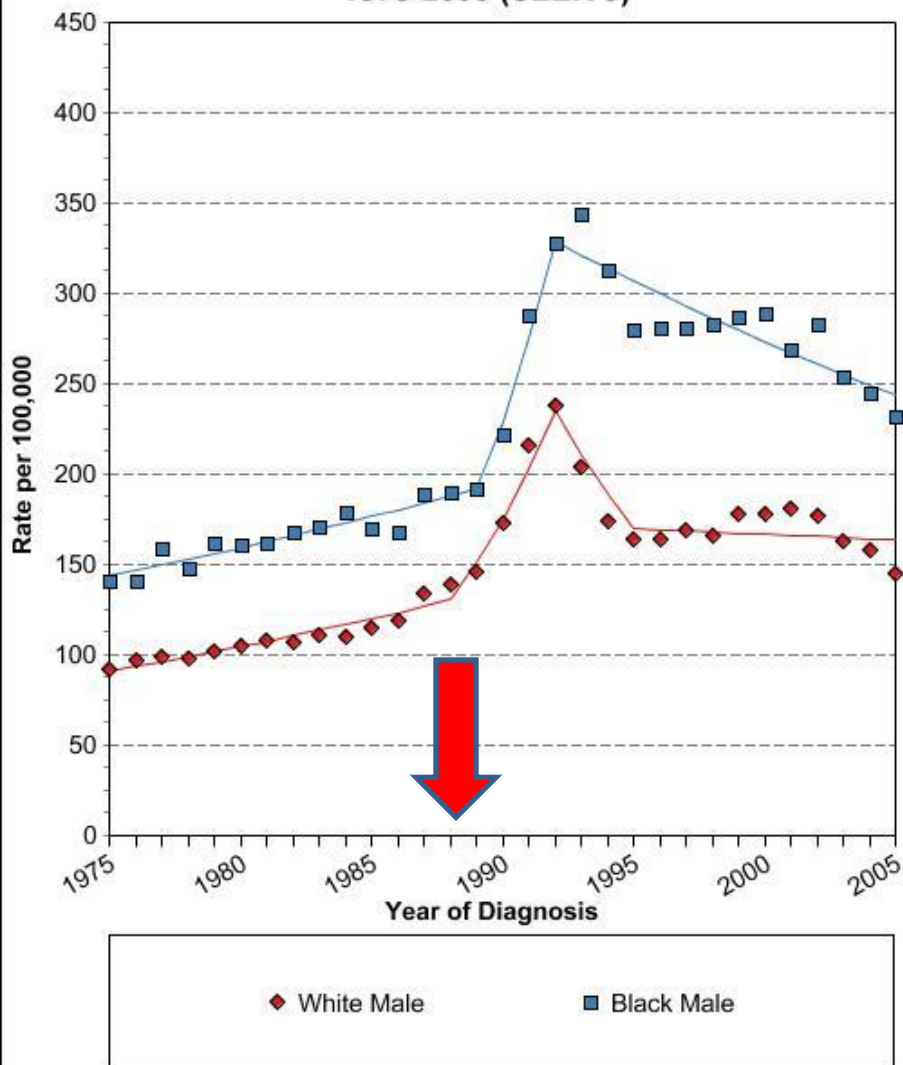
It's good to know your PSA score, that way you and your doctor can keep track of how it may change over time. If your PSA is high for your age or steadily rising, with or without an abnormal physical exam of your prostate with a DRE, a biopsy to look for signs of cancer may be recommended.

Way to go. An annual digital rectal exam (DRE) and PSA test combined are your best defense against prostate cancer. Keep up the good work and see you next season!

New Cases of Late Stage Disease '80-'04

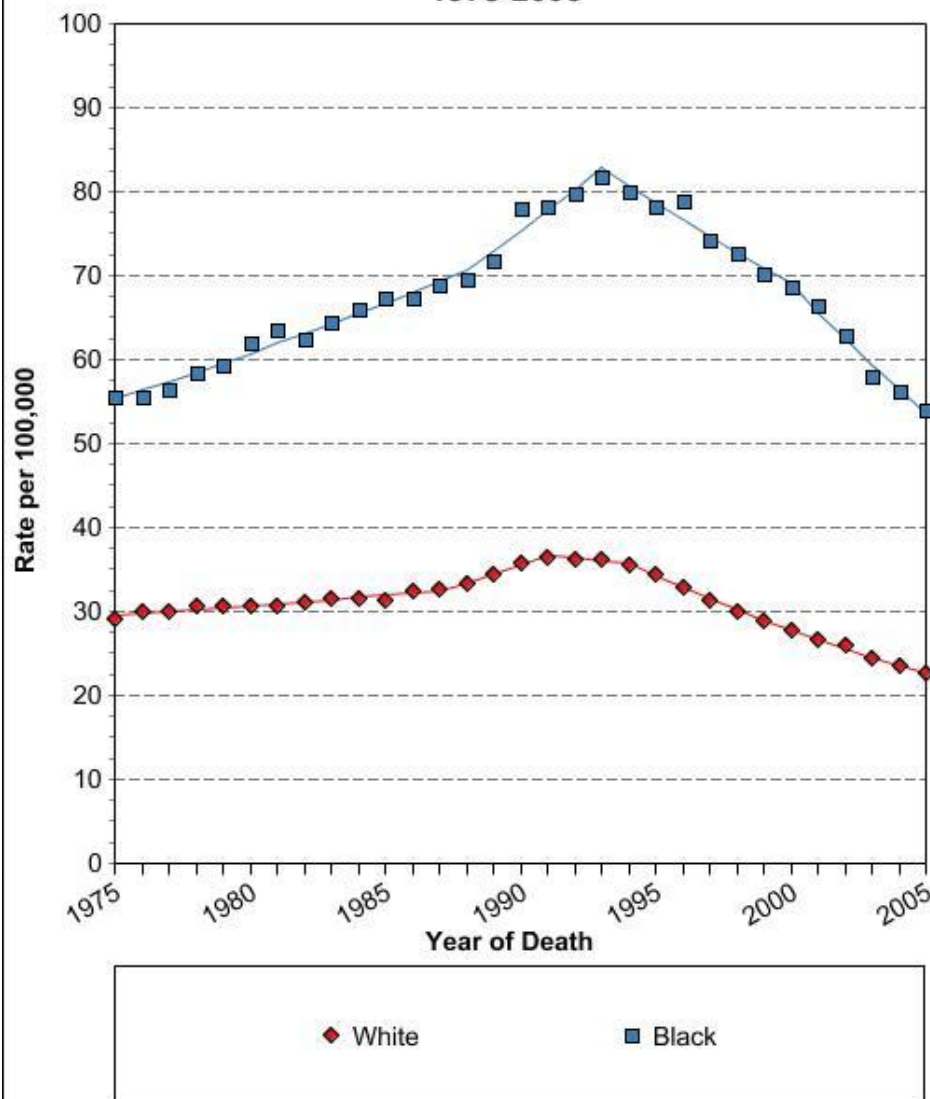


**Age-Adjusted SEER Incidence Rates
By Race and Sex
Prostate, All Ages,
1975-2005 (SEER 9)**



Cancer sites include invasive cases only unless otherwise noted.
Incidence source: SEER 9 areas (San Francisco, Connecticut, Detroit, Hawaii, Iowa, New Mexico, Seattle, Utah, and Atlanta).
Rates are per 100,000 and are age-adjusted to the 2000 US Std Population (19 age groups - Census P25-1130). Regression lines are calculated using the Joinpoint Regression Program Version 3.3, April 2008, National Cancer Institute.

**Age-Adjusted U.S. Mortality Rates
By Race/Ethnicity
Prostate, All Ages, Male
1975-2005**



Cancer sites include invasive cases only unless otherwise noted.
Mortality source: US Mortality Files, National Center for Health Statistics, CDC.
Rates are per 100,000 and are age-adjusted to the 2000 US Std Population (19 age groups - Census P25-1130). Regression lines are calculated using the Joinpoint Regression Program Version 3.3, April 2008, National Cancer Institute.

Trends in Five-year Relative Survival (%)*

Rates, US, 1975-2004

Site	1975-1977	1984-1986	1996-2004
All sites	50	54	66
Breast (female)	75	79	89
Colon	52	59	65
Leukemia	35	42	51
Lung and bronchus	13	13	16
Melanoma	82	87	92
Non-Hodgkin lymphoma	48	53	65
Ovary	37	40	46
Pancreas	3	3	5
Prostate	69	76	99
Rectum	49	57	67
Urinary bladder	74	78	81

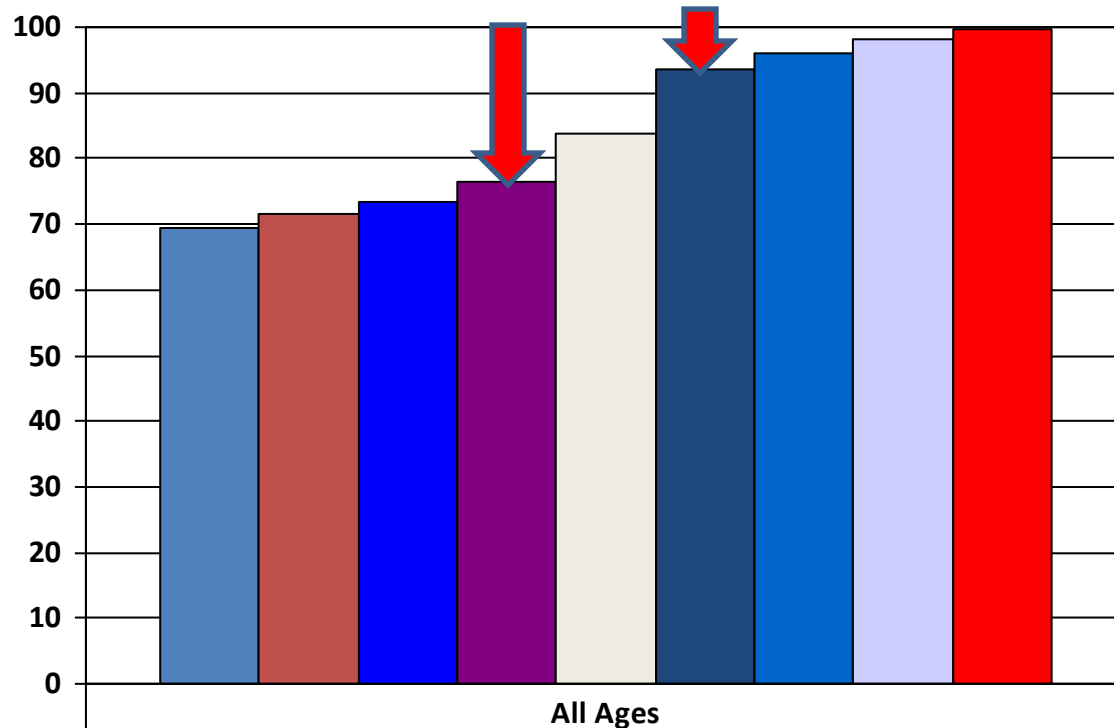
*5-year relative survival rates based on follow up of patients through 2005.

Source: Surveillance, Epidemiology, and End Results Program, 1975-2005, Division of Cancer Control and Population Sciences, National Cancer Institute, 2008.

5-Year Survival

	All Races			White			Black		
Year of Dx	All Ages	Ages <65	Ages 65+	All Ages	Ages <65	Ages 65+	All Ages	Ages <65	Ages 65+
1960-1963 ^a	-	-	-	50	-	-	35	-	-
1970-1973 ^a	-	-	-	63	-	-	55	-	-
1975-1977 ^b	69.3	73.6	67.7	70.2	75.4	68.4	61.4	62.1	61.1
1978-1980 ^b	71.7	75.5	70.3	72.9	77.1	71.4	62.8	65.2	61.6
1981-1983 ^b	73.5	76.3	72.5	74.6	77.9	73.5	63.7	65.4	62.9
1984-1986 ^b	76.3	77.6	75.9	77.6	79.3	77.1	66.3	67.5	65.8
1987-1989 ^b	83.7	83.3	83.9	85.3	84.8	85.5	72.1	72.7	71.9
1990-1992 ^b	93.7	93.1	93.9	94.8	94.1	95.0	85.2	86.6	84.5
1993-1995 ^b	95.9	95.9	95.9	96.6	96.5	96.6	92.2	93.1	91.7
1996-1998 ^b	98.1	98.5	97.9	98.6	98.9	98.4	95.2	96.7	93.8
1999-2006 ^b	99.6 ^e	99.3 ^e	99.8 ^e	99.9 ^e	99.5 ^e	99.8 ^e	97.3 ^e	98.6 ^e	96.0 ^e

5-Yr Survival Based on Yr of Dx All Races & Ages



	All Ages
1975-1977	69.3
1978-1980	71.7
1981-1983	73.5
1984-1986	76.3
1987-1989	83.7
1990-1992	93.7
1993-1995	95.9
1996-1998	98.1
1999-2006	99.6

Tyler Programs

Open Discussion

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North Texas Prostate Cancer Coalition



TOGETHER FOR GOOD HEALTH