

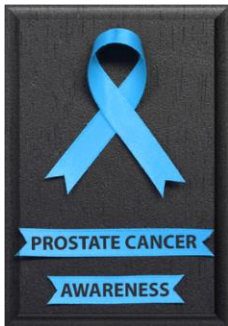
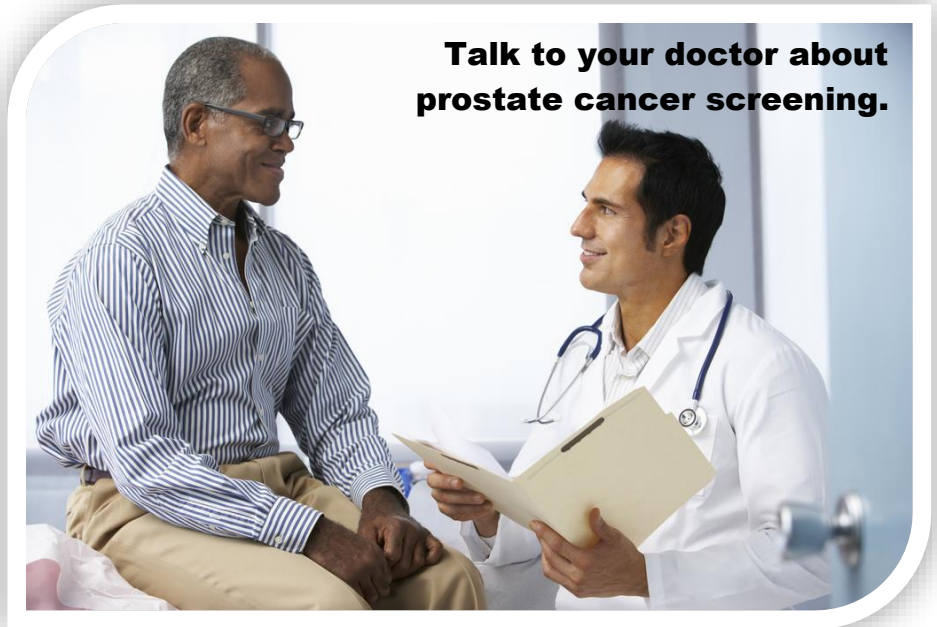
## Health Update

*Know the facts...*

### SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Prostate cancer is the second most commonly diagnosed cancer in American men, striking about 165,000 men annually. But far more men are living with prostate cancer rather than dying from it. That's because the disease usually occurs after the age of 65 and grows slowly. Nevertheless, prostate cancer can be aggressive and some men benefit from early detection, which is why it's important to know the facts about screening and treatment.

New research suggests that a prostate specific antigen (PSA) blood test for men between the ages of 55 and 69 could prevent about one death and three cases of advanced, metastatic disease for every 1,000 men screened. Therefore, the U.S. Preventive Services Task Force now recommends that men in that age group talk to their doctors about the potential advantages and harms associated with prostate cancer screening and additional testing before making an informed decision.



For men at increased risk, including African Americans and those with a family history of prostate cancer, screenings may offer the best chance for successful treatment.

*Free cancer services are available to those who qualify through the NJCEED (Cancer Education Early Detection) program. For more information:*

**NJCEED Monmouth County: 732-933-3952**

**NJCEED Ocean County: 732-557-3202 (English) 732-557-3207 (Spanish)**

Ocean Monmouth Health Alliance    [dlevinson.omha@gmail.com](mailto:dlevinson.omha@gmail.com)    732-286-3693    [www.oceanmonmouth.org](http://www.oceanmonmouth.org)  
565 River Terrace  
Toms River, NJ 08755