1. Let’s get informed!

**What is the prostate?**
- The prostate is a small gland below the bladder.
- It makes the fluid that carries sperm.

**What is prostate cancer?**
- Cancer starts when abnormal cells grow inside the prostate.
- Cancer can kill when it spreads to other parts of the body.

**Can prostate cancer be stopped?**
- Prostate cancer can be treated and cured if it is found early, when it is small and still in the prostate.

**How can I find prostate cancer early?**
- There are usually no signs or symptoms.
- A simple blood test, the “PSA” (Prostate Specific Antigen) can help find prostate cancer early, when it is small and can be cured.
- African American men ages 45–70 should decide if the PSA test is right for them.

**What does my PSA test mean?**
- A high PSA test means something is going on in your prostate. It could be:
  - Infection
  - An enlarged prostate
  - Prostate cancer
- If your PSA is high, your doctor may:
  - Do more tests
  - Ask you to see a specialist (Urologist) to have a biopsy (a tiny piece of the prostate is removed and examined under a microscope).
  - Only a biopsy can find cancer.

**What if I have prostate cancer?**
- There are different kinds of prostate cancer.
  - Some are “low risk”—they grow slowly, and are unlikely to threaten life.
  - Low risk prostate cancer can be managed with regular biopsies and blood tests.
  - Some prostate cancers are “high risk”—they grow quickly, and need to be treated early. Early treatment can save your life.

**How is prostate cancer different for us?**
- African American men:
  - Have more “high risk” prostate cancer
  - Get it at a younger age
  - Are more likely to die from it
  - A family history of prostate cancer raises your risk even higher.
  - Because of this, the PSA test may benefit us more than other men.

Real talk—From real brothers

“So I’m just trying to stay on top of prostate cancer because I know that it’s killing us off, and most brothers don’t even want to deal with it.” — SM

“I steered clear of prostate cancer screening because I didn’t want ‘the glove’. Then I found out that it can be done with just a blood test.” — BT

“My doctor said it was a good thing I didn’t put off the PSA test because I had the kind of cancer that can grow and spread.” — SD

“I know of a person in my church that died because he waited so long that there wasn’t much they could do for him. I knew that, okay? I knew the facts of it. Did I run out and get the test done? No. If it wasn’t for my buddy telling me I needed to be screened, I probably wouldn’t have gotten the PSA test.” — KG

“I was lucky that my prostate cancer was ‘low risk’. So I didn’t need surgery or radiation. I just go back for regular biopsies and blood tests.” — JP

“Prostate cancer doesn’t call you up and tell you it’s going to happen. Get screened—that’s a sure way to know.” — MJ

“If a person has a fear issue about prostate cancer, well, knowledge helps erase fear.” — GT
Prostate Cancer: It’s Different for Us

African American men get more prostate cancer than any other group.

We also get more aggressive prostate cancer—the kind that can grow quickly.

How can we protect ourselves?

About the San Francisco Prostate Cancer Action Network

We are a community partnership of individuals and organizations who have come together to put a stop to all the African American prostate cancer deaths. We do this through education and access to quality screening and treatment.

2. Consider the PSA Test!

Call the SF CAN Prostate Cancer Action Network:
(415) 514-9417

- Learn more about the PSA test
- Find a doctor if you don’t already have one

3. Join us!

- Attend an SF CAN Prostate Cancer Action Network meeting to listen and share ideas.
- Attend a Community Screening Event to get the PSA test, or go to your doctor to get tested.
- Get trained so you can help other men learn about prostate cancer screening.
- Tell other African American men about prostate cancer and the PSA test.

Current Partners

- Alameda County Public Health Department Office of Urban Male Health
- Arthur H. Coleman Community Health Foundation
- Cornerstone Missionary Baptist Church
- Jones Memorial United Methodist Church
- Kaiser Permanente San Francisco
- Marin City Health & Wellness at the Arthur H. Coleman Medical Center
- Metropolitan Baptist Church
- Missionary Temple Christian Methodist Episcopal Church
- Neighborhood Baptist Church
- Providence Baptist Church
- Rafiki Coalition for Health and Wellness
- St. Andrew Missionary Baptist Church
- St. James Baptist Church
- St. John Missionary Baptist Church
- St. Paul of the Shipwreck Catholic Church
- St. Philip Missionary Baptist Church
- Tabernacle Community Development Corporation
- Third Baptist Church
- TrapMedicine
- True Hope Church of God in Christ
- UCSF Abundant Life Health Ministries
- UCSF Helen Diller Family Comprehensive Cancer Center
- ZERO The End of Prostate Cancer/ZERO360
- Zuckerberg San Francisco General Hospital

The SF CAN Prostate Cancer Action Network
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SF CAN
San Francisco Cancer Initiative
The SF CAN Prostate Cancer Action Network