

B Y T H E N U M B E R S

1 in 4

African American Men

A man is diagnosed with prostate cancer every 13 minutes.

Commit to

Annual Prostate Exams



KNOW THE SCORE

's Health Score Card - keep a running record of your vital statistics.

Date	B/P	B/S	DRE	PSA	P/E
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
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