

DON'T LET **PROSTATE CANCER** TAKE YOU OUT OF THE PICTURE!



Discuss Your Risks for Prostate Cancer with Your Physician today!

African American men have the highest **prostate cancer** rates and are twice as likely to die from it. Early detection dramatically impacts curability!

Each year, 30,000 men die from prostate cancer and a disproportionate number are African American.

Are you at risk? Yes, if you

- have a diet high in fat,
- are age 50 or older, or
- are African American.

How Can I Prevent Prostate Cancer? Lower your risk by adding fruits and vegetables to your diet, increasing your physical activity and maintaining a healthy weight.

For more information contact Education for Quality Living
www.eqltoday.com 702-900-6496