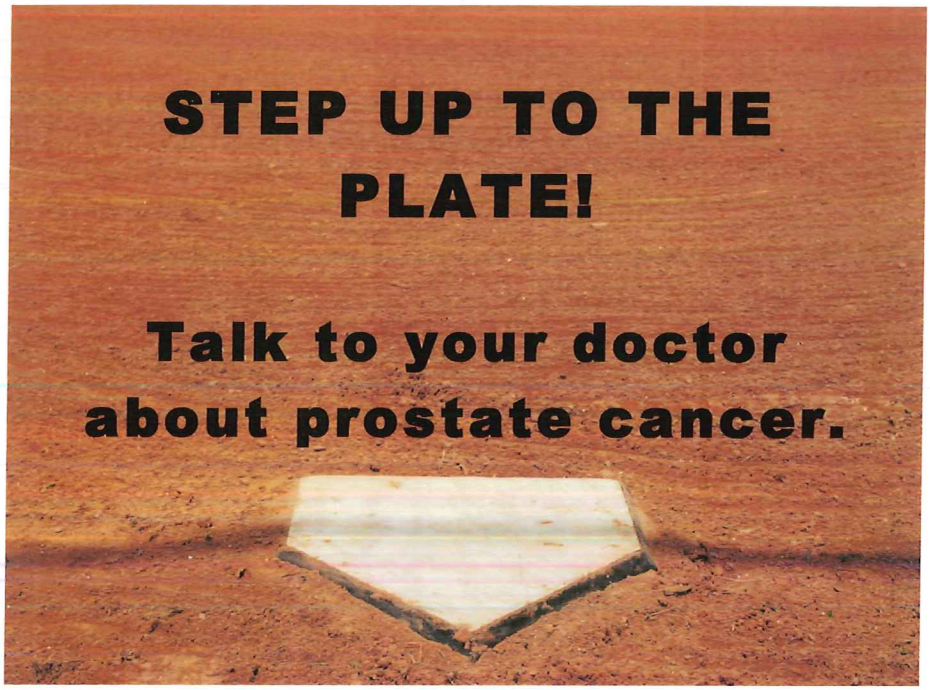
Ocean Monmouth Health Alliance

Health Update

GET IN THE GAME…
FOR PROSTATE CANCER AWARENESS MONTH

One in seven men will be diagnosed with prostate cancer is his lifetime. The good news? Thanks to increased awareness, nearly 90% of all prostate cancers are detected in early stages – when the cure rate is very high. ***In fact, almost 100% of men diagnosed with local or regional prostate cancer are disease-free five years later.***



The American Cancer Society advises most men to consider prostate cancer screening starting at age 50, though younger men at higher risk for developing the disease (such as African Americans and those with a family history of prostate cancer) may opt for earlier monitoring. Not all medical experts agree on screening recommendations. Therefore, it is important to talk to your doctor about the potential risks, benefits and uncertainties associated with prostate cancer screening before making an informed decision about testing.

In its earliest stages, prostate cancer may not produce any symptoms. So the first step in detecting the disease is often a blood test and/or a digital rectal exam performed in your doctor's office.

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)

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OCEAN MONMOUTH HEALTH ALLIANCE IS A REGIONAL CHRONIC DISEASE PREVENTION COALITION FUNDED BY THE NJ DEPARTMENT OF HEALTH, OFFICE OF CANCER CONTROL AND PREVENTION. OUR PURPOSE IS TO REDUCE THE STATE'S CANCER BURDEN AND IMPROVE HEALTH OUTCOMES FOR PEOPLE WITH, OR AT RISK FOR, CANCER AND OTHER CHRONIC DISEASE IN OCEAN AND MONMOUTH COUNTIES. FOR MORE INFORMATION ABOUT COMPREHENSIVE CANCER CONTROL IN NJ GO TO WWW.NJCANCER.GOV