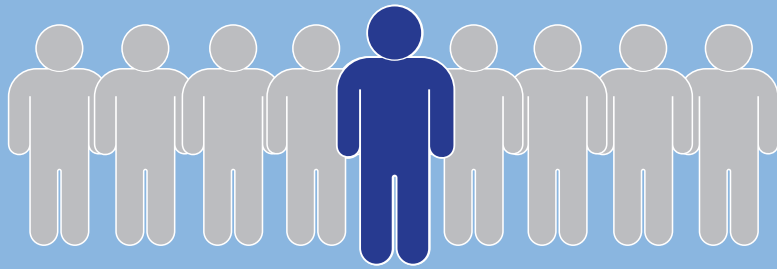


PROSTATE CANCER AT A *GLANCE*



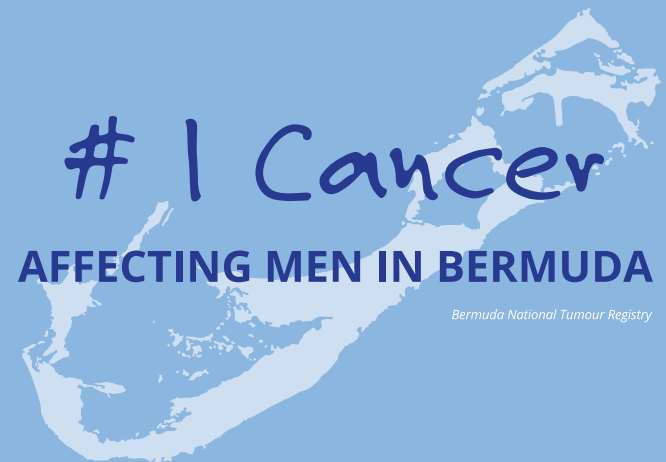
1 in 9 men
will be diagnosed with prostate cancer during his lifetime.

American Cancer Society



MORE COMMON IN AFRICAN-AMERICAN MEN

American Cancer Society



Bermuda National Tumour Registry

PREVENTATIVE MEASURES YOU CAN TAKE



HEALTHY DIET

Eat more fruits & vegetables



EXERCISE REGULARLY

At least 30 minutes and 5 times a week



QUIT SMOKING

Every cigarette damages your health



REDUCE ALCOHOL

Every drink increases your risk for cancer



GET SCREENED

Visit your doctor for regular check ups

WWW.CHC.BM | 236-1001

BERMUDA REGISTERED CHARITY #070