



OFFICE OF THE GOVERNOR

September 2015

Prostate Cancer Awareness

In 2015, approximately 21,060 men in California will be diagnosed with prostate cancer, and more than 3,180 men will die.

Prostate cancer is the most common cancer among men in almost all race/ethnic groups in California. African American men are at especially high risk for prostate cancer, as they are more than 45 percent more likely to develop this disease than non-Hispanic white men. Nearly 60% of prostate cancers are diagnosed among men aged 65 and older.

Very little is known about the cause of prostate cancer. Studies have shown that a diet high in fat, especially animal fat, may be associated with an increased risk of prostate cancer. An increase in a man's dietary intake of fruits and vegetables may lower his risk of getting prostate cancer.

Prostate cancer can be detected by simple tests before any symptoms appear. Men are encouraged to talk with their doctor about the benefits and risks of being tested.

During the month of September, community organizations and individuals throughout California will be commemorating Prostate Cancer Awareness Month through a variety of public education and awareness events.

Sincerely,


EDMUND G. BROWN JR.