



# Men's Health Our Take

Steve Hentzen

[Steve@ProstateNetwork.org](mailto:Steve@ProstateNetwork.org)

913.485.1892



# Survivor story

- No symptoms
- No idea what a prostate was
- Family history, but kept secret
- Took my health for granted
- Didn't get annual physicals
- Routine screening at age 46 thanks to boy scout health form
- Don't be like the old Steve

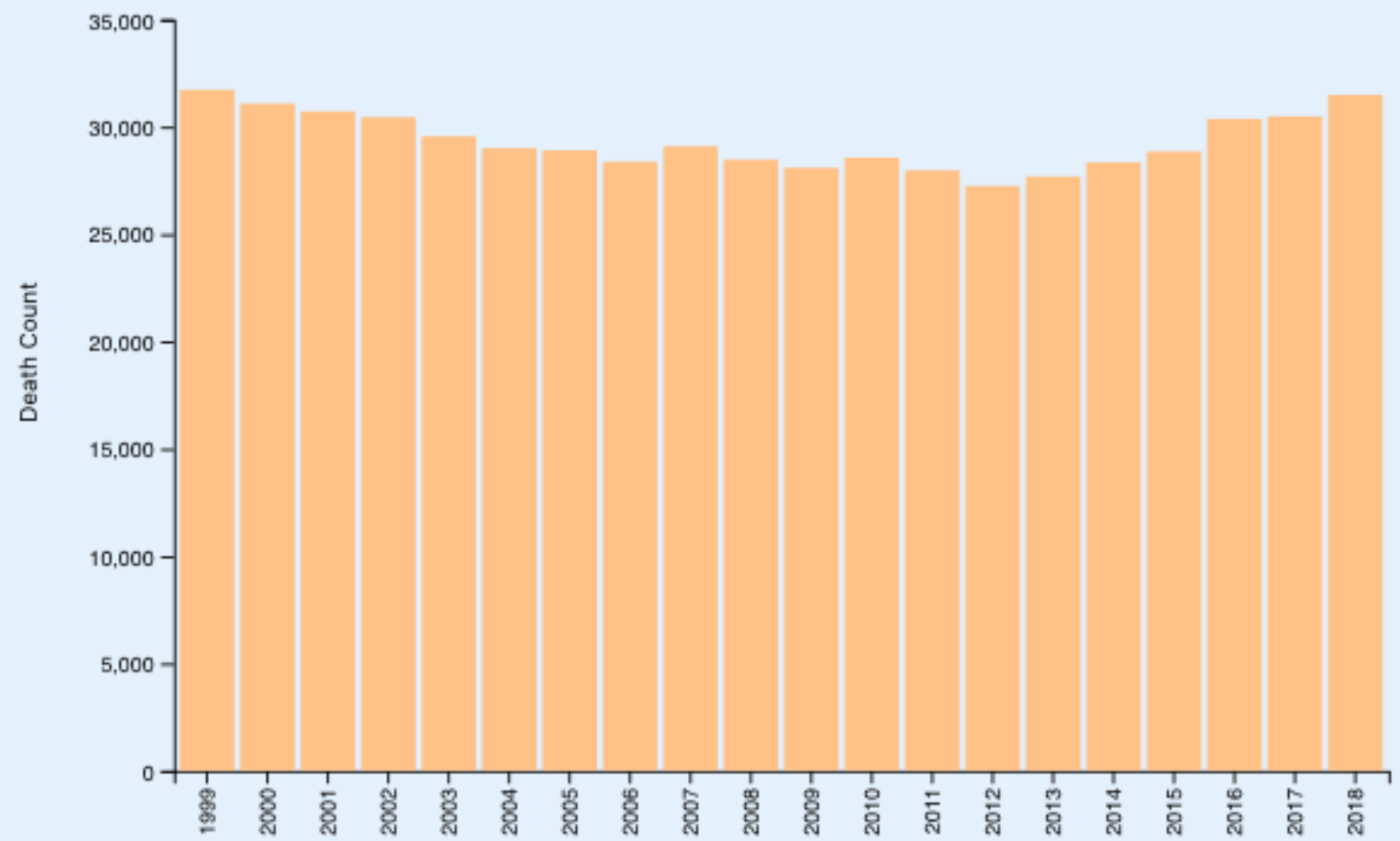


# Incidence Statistics

- About 1 in 8 men will be diagnosed
- African American men are diagnosed at 1.7 times
- African American men are dying at 2.2 times
- 2<sup>nd</sup> leading cause of cancer deaths in men in the US
- Leading cause of new cancer for men



# Death Rates USA





# Survival statistics

- Nearly 100% if detected early!!!
- If caught late treatments are far worse
  - Incontinence
  - Erectile dysfunction – if you are your better ½ value this
- Don't be selfish, people love you, get screened



# Our Advice

- Everyone
  - Annual physical
  - Eat healthy
  - Exercise
- Survivors
  - Those who get support do better mentally and physically
  - 29.5 million American men are surviving
  - Support is everywhere
- Caregivers
  - Men often express fear as anger
  - On behalf of us ahead of time, we're sorry and we love you



# Talking helps

- We invite all survivors, partners and those helping in the fight to join us
- Hybrid meetings 1<sup>st</sup> Wednesday monthly 6:30 pm CST
  - In person at Gilda's Club KC 21 West 43<sup>rd</sup> street KC, MO
  - Simultaneously in our zoom room
- Fellow survivors are naturally gifted supports



# Free Screening

- Who needs it
  - All men 50 and up
  - Age 40 with risk factors
    - Family history
    - African American
- The screening (only a few mins)
  - PSA – simple blood draw
  - DRE - digital rectal exam (optional)
- On-site Thursday 11/17
  - Sign-up to save time
  - Walk-ins welcome
  - 7:30 am – 12:-00 noon