



September 12, 2022

Volume 9

### In This Issue

Gaps in care Outreach  
topic:  
**Prostate Cancer  
Awareness**

#### Follow the Link:

Facebook  
UOP website

#### Helpful Links:

Link 1 CDC  
Link 2

#### Contact Us:

18800 Hubbard Drive,  
Ste. 200  
Dearborn, MI 48126

313-240-9867

<http://www.uopdocs.com>

**One in eight** American men will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the second leading cause of cancer death among American men and is the most commonly diagnosed

Early detection and advances in treatment are saving lives. Finding prostate cancer when it is still at an early stage offers the best hope for living cancer-free for a long time.

All men are at risk of developing prostate cancer but that risk increases significantly as men grow older. Family history, exposure to chemicals, and race are also risk factors. Unfortunately, Black men are considered high risk for developing prostate cancer and dying of the disease

A general practitioner or a urologist can perform a full prostate cancer exam. This should include a PSA blood test and a digital rectal exam (DRE). Talk to your general doctor or urologist about receiving a prostate exam

### What if I Am Diagnosed with Prostate Cancer?

*Don't lose hope. More than 3.1 million American men have been diagnosed with prostate cancer and are alive today.*

- Eat a healthy, plant-based diet and limit animal products
- Be physically active
- Seek to maintain a healthy weight
- Limit the amount of alcohol you drink
- If you use tobacco, stop; if you do not use tobacco, do not start
- Protect your skin from ultraviolet (UV) radiation
- Get enough good sleep
- Have regular physical exams and talk with your UOP doctor about your risk for prostate and other cancers

---

**UOP: Focuses on the delivery of high-quality healthcare and honors commitments to our providers, patients, and our participating health plans.**