

Tell One Black Man!

We're asking every man with prostate cancer to tell at least one black man under 35 about the possible link between prostate cancer and vitamin D deficiency.

According to the American Cancer Society, black men are one and a half times more likely to get prostate cancer and two to three times more likely to die from it. Diet and Vitamin D deficiency could be two main factors. For more information on the science behind the Vitamin D question please go to www.cancer-foundation.org.

I'm sure you'll agree that it's essential for young black men to understand that simple dietary habits and vitamin supplementation they adopt now can greatly reduce their risk of developing this common, but treatable, form of cancer in later life. Please help us get the word out—it could save countless lives.



P.O. Box 746
Earlsville, VA 22936

800-305-2432

www.cancer-foundation.org

African American Prostate Cancer Prevention Plan

Diet

- Avoid red meat, dairy fat, and egg yolks.
- Eat fish three to four times a week.
- Use olive oil instead of vegetable oil.
- Avoid Canola and flaxseed oil at all costs!
- Eat a variety of fruits and vegetables.
- Eat stewed or cooked tomatoes.
- Drink two to four cups of green tea a day.

Supplements

- Take 200 mcg of selenium a day.
- Take 200 IU of Vitamin E a day.
- Take 30 mg of lycopene a day.
- Take 600-800 IU of Vitamin D3 a day.

Lifestyle

- Exercise for thirty to forty minutes at least three times a week.
- Incorporate relaxation techniques like meditation into your daily life.