

Thank You For Joining Us in Taking a Stand for Your Health

On behalf of the entire team at JTCC Community Outreach and Engagement, we thank you for participating in our recent PSA screening event. Your decision to prioritize your health is a powerful step towards early detection and well-being. We are honored to have been a part of it.

What Happens Next?

Your test samples will be sent to Quest Diagnostics for analysis. Our team will carefully review all results.

- **Normal Results:** You will not receive a call if your results are within the standard range.
- **Abnormal Results:** If your results are abnormal or require further discussion, our team will contact you directly by phone as soon as possible. We will discuss the results with you, answer your questions, and guide you on the next steps.

Requesting Your Results

You are always in control of your health information. If you would like a copy of your results for your personal records or to share with your primary care physician, please do not hesitate to contact us.

John Theurer Cancer Center
Community Outreach and Engagement

Phone: (201) 880-3630

Email: coejtcc@hmhn.org

Looking for Additional Resources?

Taking a proactive step with a PSA test is a powerful beginning. Whether for your own knowledge or to support a loved one, connecting with dedicated organizations can provide valuable information, support networks, and the latest advancements in prostate health.

We encourage you to explore our sponsors and their trusted resources:



MAN CAVE HEALTH

WEBSITE: www.mancavehealth.org
PHONE: (631) 393-5710



PROSTATE HEALTH MATTERS

WEBSITE: prostatehealthmatters.org



PROSTATE CANCER FOUNDATION

WEBSITE: www.pcf.org
PHONE: 1 (800) 757-CURE (2873)



Scan the QR code,
To learn more and visit the
official event/sponsorship
website.

THANK YOU TO OUR ADDITIONAL SPONSORS



ROBERT f. SMITH



Your Prostate Health Matters

Take Control of your Health **TODAY**

Saturday | September 13, 2025

9:00 AM - 1:00 PM

HBCUNY Classic 2025

Free PSA Screening for
Early Prostate Cancer Detection

One simple blood test can provide powerful peace of mind. Thank you for joining for a day dedicated to proactive health screening because the best defense is early detection.





Understanding the Prostate & Prostate Cancer

What is the Prostate?

A small, walnut-sized gland in men that produces fluid for semen. It surrounds the urethra (the tube that carries urine out of the body).

What is Prostate Cancer?

It's the uncontrolled growth of abnormal cells in the prostate gland. It is one of the most common cancers in men, but many types grow very slowly.

Common Symptoms

(Tell your doctor if you experience these):

- Frequent urination, especially at night
- Weak or interrupted urine flow
- Blood in urine or semen
- Pain or burning during urination

Important: Early prostate cancer often has no symptoms. This is why screening is discussed.

PSA Screening: Is It Right for You?

The PSA test is a blood test that measures Prostate-Specific Antigen, a protein made by the prostate. A high PSA level can be a sign of cancer, but it can also be caused by less serious conditions like an infection or enlarged prostate.

You are a candidate for a discussion about PSA screening if you are:

Age 50+ with an average risk.

Age 45+ with a high risk (African American descent or have a close relative—father, brother—who had prostate cancer).

Age 40+ with a very high risk (more than one first-degree relative who had prostate cancer at an early age).

This does not mean you must get the test. It means you should start the conversation.

How to Be an Effective Advocate:

Looking for ways to support others in their decision to get screened? Here are a few tips to help you navigate being an advocate:



Be a Peer.

Before the doctor's appointment, have a coffee. Talk through the pros and cons of screening. Just listening helps him clarify his own thoughts and questions.



Do the Homework Together.

Help him research reliable information from sources like the Prostate Cancer Foundation or American Cancer Society.



Go to the Appointment.

Take Notes: Doctors appointments can be overwhelming. Write down key points and next steps.

Be a Second Set of Ears: You might hear and remember something he missed.

Help Ask Questions: Refer back to the list of questions you prepared together. Ensure every concern is addressed.

Whether you're supporting a friend, partner, or family member, your role is crucial.