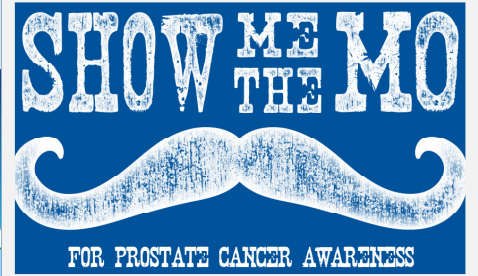


Prostate Awareness



Possible Symptoms Of Prostate Cancer

- Trouble urinating
- Weak urine flow
- Frequent urination, especially at night
- Painful or burning urination
- Blood in urine or semen
- Pain in the back, hips or pelvis that won't go away
- Painful ejaculation

MYTH: If you don't have symptoms, you don't have prostate cancer.

Maybe.

FACT: Many men with prostate cancer have NO symptoms at all. Your doctor is often the first one to detect signs of prostate cancer during a check-up.

PH 876707897-87713

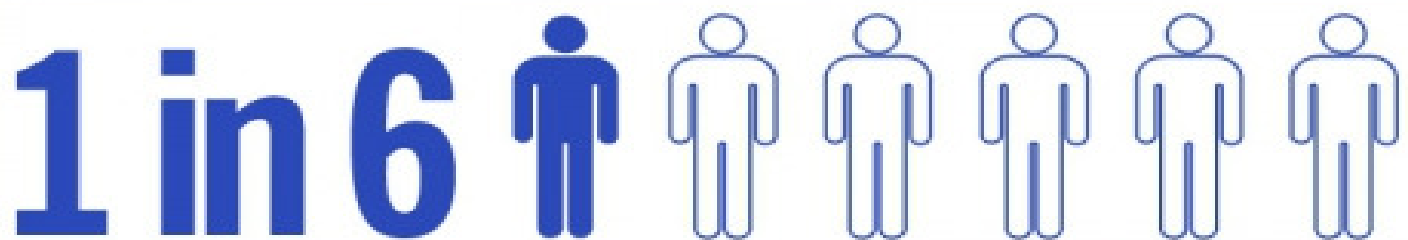
5 Foods For Prostate Health

- Tomatoes
- Sesame Seeds
- Bell Peppers
- Avocados
- Green Tea

Source: http://www.cdc.gov/cancer/prostate/basic_info/symptoms.htm

Prostate Cancer: GET THE FACTS

Other than skin cancer, prostate cancer is the most common cancer in American men.



men will be diagnosed with prostate cancer during his lifetime.



Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.