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BLACK MEN
OF AMERICA, INC.



Quarterly Newsletter – Spring 2010

April/ May/ June

ALTON CHAPTER NEWS / PROSTATE CANCER FOCUS

Atty. Ben Beyers is Elected Board Chair

The Alton 100BM, reorganized its Board of Directors for 2010. Leo Cox and Bob Wills were selected as new board members for three year terms.



Ben Beyers, Esq.

Board officers for 2010 are: Ben Beyers, Chairman, David Elson, Vice Chairman, and Leonard Hawthorne, Secretary. Returning members are Earl Brown and Lawrence Williams.

100 Adds New Members

Two men recently added their names to the list of members of the Alton 100. **Jesse Jemison, Jr.** is a Captain/Paramedic for the City of Alton – Fire Department. It is expected that both his talents and enthusiasm will benefit the group. **Norval Cox, Jr.** returns to the group bringing his many varied experiences and wisdom shown as a leader in the community.

100 W.A.Y.\$ Youth Financial Literacy Program Adds Students for 2010.

Leonard Hawthorne recently reported for the education committee that the 100 W.A.Y.\$ Financial Literacy Program for the current school year continues to meet weekly, and is doing well, with eleven (11) boys attending regularly. The 4th hour lunch/study sessions meet weekly on Tuesday and Thursday. One-fourth credit can be earned. The teacher, Mr. Demarius Howard is consulting and team teaching with Len Hawthorne on course

content, which also includes *Mentoring the 100 Way* concepts.

Prostate Cancer Education and Screening Project Is Again Funded

The Alton 100 is elated that the Prostate Cancer Education and Screening is again funded by IDPH for a portion of the \$20,000 applied for. The project will encounter stricter reporting requirements of statistical data that will be combined with other grantees data to better assess the overall effectiveness of the program. The project targets underrepresented African American men, 40 years of age and older who are not currently being tested. **The scheduled education and screening sessions for 2010 include:**

Saturday, May 1, 10 a.m. to 12 Noon
Alton Acres Center. – 3116 Acorn St., Alton

Thursday, May 13, 3 p.m. to 6 p.m.
Saint Clare's Hospital, Radiation Oncology Department, 915 East Fifth Street, Alton

Saturday, May 15, 11 a.m. to 1 p.m.
Morning Star Baptist Church,
1 East 6th St, Alton

Tuesday, May 18, 3 p.m. to 6 p.m.
Saint Clare's Hospital, Radiation Oncology Department, 915 East Fifth Street, Alton

Thursday, Jun 3, 11 a.m. to 1 p.m.
Alton Acres Center. – 3116 Acorn St., Alton

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Prostate Cancer Information

(Reprinted information summarized from various sources)

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

What is Prostate Cancer?



Prostate cancer is a disease in which malignant cancer cells are found in the prostate, one of the male sex glands located just below the bladder and in front of the rectum. The prostate gland is approximately the size of a walnut. It surrounds a part of the urethra, which carries urine from the bladder to the outside of the body. The prostate gland produces fluid which becomes part of the semen, a fluid that contains sperm.

Why is Prostate Cancer Education and Screening Important?



Prostate cancer is described as the most common cancer in American men. It is said that by age 50, up to one in four men have some cancerous cells in the prostate gland. By age 80, the ratio increases to one in two. As you age, your risk of prostate cancer increases. In the United States, the average age at diagnosis is 72.

Prostate cancer is also reported to be the second leading cause of cancer deaths in American men. Yet unlike other cancers, you're more likely to die with prostate cancer than you are from it. Data reveals that on average, an American man has about a 30 percent risk of having prostate cancer in his lifetime, but only about a 3 percent risk of dying of the disease.

It has been determined that African American men disproportionately experience later detection and higher mortality rates from prostate cancer. The 100 Black Men of America, Inc. has

launched an aggressive campaign to encourage its 102 affiliate chapters to develop and implement projects on health and wellness among African Americans.



Why Is Early Detection Important?

This type of cancer is said to be the most common cancer in American men. The American Cancer Society estimates that about 230,000 men are diagnosed with prostate cancer in the United States annually and that about 29,000 men will die of the disease.

If prostate cancer is detected early - when it's still confined to the prostate gland – there is a better chance of successful treatment with minimal or short-term side effects. Successful treatment of cancer that has spread beyond the prostate gland is more difficult, but there are treatments that can help control the cancer.

When signs and symptoms do occur, they likely may include some of the following:

- Dull pain in your lower pelvic area or pain during urination
- Urgency of urination or difficulty starting urination
- Weak or intermittent urine flow and dribbling
- A sensation that your bladder isn't empty and/or frequent urination at night
- Blood in your urine
- Painful ejaculation
- General pain in your lower back, hips or upper thighs
- Loss of appetite and weight
- Persistent bone pain

When Should You Seek Medical Advice?

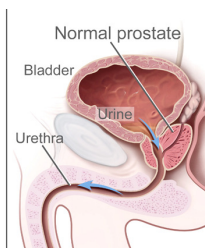


See your doctor if you have difficulties with urination. This condition doesn't always relate to prostate cancer, but it can be a symptom of prostate-Related problems.

If you're a man older than 50, you may want to see your doctor to discuss beginning prostate cancer screening. It is reported that the American Cancer Society and the American Urological Association (AUA), recommend having an annual blood test to check for prostate-specific antigen (PSA) beginning at age 50, or earlier if you're at high risk for cancer. If you're black or have a family history of the disease, you may want to begin at age 45. Doctors also recommend that men have a yearly digital rectal exam (DRE) beginning at age 40.

What Are the Stages of Prostate Cancer?

When prostate cancer is found or diagnosed, testing must be done to determine if cancer cells have spread from the prostate to other parts of the body. This process is referred to as staging, and your doctor will need to know the stage of the disease to determine a treatment plan.



Stage I - The cancer is only in the prostate, and cannot be felt and causes no symptoms. Cancer cells may be in only one or several areas of the prostate. The cancer at this stage is usually found accidentally during surgery for other reasons.

Stage II - A blood test for prostate specific-antigen (PSA) in conjunction with a digital rectal exam (DRE) reveals an elevated level. A tumor may be found by a resulting needle biopsy.

Stage III - Cancer cells are found outside the prostate gland in surrounding tissues such as seminal vesicles.

Stage IV - Cancer has spread or metastasized to other organs or lymph nodes near or far away from the prostate such as lungs, bones, or the liver.

What are Treatments for Prostate Cancer?

There are primarily five kinds of treatments commonly used for prostate cancer patients including:

1. **Surgery** to take out the cancer

2. **Radiation Therapy**, using high-energy rays to kill cancer cells
3. **Hormone Therapy**, using hormones to stop the growth of cancer cells
4. **Chemotherapy**, using drugs to kill the cancer cells
5. **Biological Therapy**, using the body's immune system to fight the cancer.

Prostate Cancer Prevention and Management

Literature reviewed indicates that prostate cancer can't be prevented, but you can take measures to reduce your risk or possibly slow the disease's progression. It is suggested that the most important steps you can take to maintain prostate health - and health in general - are to eat well, keep physically active and see your doctor regularly.

Eating well

Sources reviewed state that high-fat diets have been linked to prostate cancer. Therefore, limiting your intake of high-fat foods and emphasizing fruits, vegetables and whole fibers may help you reduce your risk. It is suggested that foods rich in lycopenes, an antioxidant, also may help lower your prostate cancer risk. These foods include raw or cooked tomatoes, tomato products, grapefruit and watermelon. Garlic and cruciferous vegetables such as arugula, bok choy, broccoli, brussels sprouts, cabbage and cauliflower also may help fight cancer.

Exercise and Good Health

It has been documented that regular exercise can help prevent a heart attack and conditions such as high blood pressure and high cholesterol. When it comes to cancer, the data aren't as clear-cut, but sources state that studies do indicate that regular exercise may reduce your cancer risk, including prostate cancer.

Prostate Cancer Information Sources

(*information included in the article in this publication is summarized from the following sources over a two-year period)

*Walgreens web site
IL Dept. of Human Services web site
The St. Louis American Newspaper web site,
USTOO Prostate Cancer Ed. and Support web site,
American Cancer Society web site*

Project collaborative partners include Saint Anthony's Health Center, Madison County Health Department, 100 Black Men and selected community organizations. Funding for this project has been provided by the Illinois Department of Public Health, Office of Health Promotion.

2010 - Free Screening Dates

Sat., May 1, -10am -12pm-AHA, Alton Acres Cntr.
Thurs, May 13, - 3-6pm-SAHC-Radiat. Oncology
Sat., May 15, - 11am-1p.m.-Morning Star Church
Tues, May 18 -3-6pm - SAHC-Radiat. Oncology
Tues., June 3 - 11am -1pm-AHA, Alton Acres Cntr.

**Call ahead to schedule appointments
At 465-2264**

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(Newsletters may be viewed on our web site.)

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