

# PROSTATE CANCER PREVENTION IN THE BLACK COMMUNITY:

## Fostering culturally competent care

With data collected from the CUA Accredited webinar in collaboration with Princess Margaret Cancer Centre University Health Network, Toronto & The Walnut Foundation



Prostate cancer is the most common cancer in Canadian men

## BLACK MEN ARE MORE LIKELY TO DEVELOP PROSTATE CANCER IN THEIR LIFETIME

1 in 7 Black men are expected to develop in their lifetime

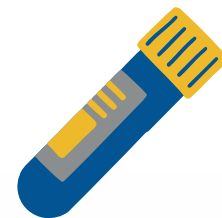


### SPECIFIC RISK FACTORS

- **Age:** Increased age is the most significant risk factor
- **Ethnicity:** Black men are **3x** more likely to get aggressive prostate cancer, compared to non-Black men
- **Genetic Factors:** account for approximately **58%** of the variability in prostate cancer risk
- **Lifestyle Factors:** Diet, exercise, smoking, alcohol intake can also impact risk

### SUGGESTED PSA SCREENING GUIDELINES

- **50+** for all men
- **40+** for Black men and those with higher risk
- **Family history** of prostate cancer
  - $\geq 1$  close relative with prostate cancer (high risk)
  - $\geq 2$  close relatives with prostate, breast, ovarian, or pancreatic cancer



### RESOURCES FOR PRACTITIONERS

- PSA screening guidelines (CCO, NCCN, & PCF)
- Professional groups
  - Black Physician Association of Ontario, Subcommittees of National Organisations\*\*\*
- Screening Providers
  - PSA: Detect & Protect, Community Health Centres, Community Organisations
  - Genetic Testing: LifeLabs, Bhalwani Familial Cancer Clinic (PMCC)



### RESOURCES FOR PATIENTS

- Non-Profit Organisations
  - Canadian Cancer Society, Movember, Prostate Cancer Foundation
- Community Health Centres
  - TAIBU, Black Creek CHC
- Support Groups
  - The Walnut Foundation, Local organisations

