

# African American Men's Health:

## 3 Options to Learn about Staying Healthy



Staying on top of routine health checkups and screenings can be hard enough within busy day-to-day life. But, did you know that African American men fall into a high-risk group for such health concerns as prostate cancer, colon cancer, high blood pressure and obesity, so it is key to check for these conditions on a routine basis.

In partnership with the American Urological Association (AUA) and the Urology Care Foundation (UCF), Pfizer Oncology is sponsoring a patient education initiative for African American men. **With three options - a podcast, a fact sheet, and a poster** – you can learn more about health screenings, their purpose and their timeline. Please see below for information about each resource and downloadable links.

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1

## Podcast: *African American Men's Health with General Practitioner, Dr. Byron Varnado*

Dr. Byron Varnado talks about men's health from the perspective of a general practitioner to help African American men better understand how they can maintain an overall healthy lifestyle. Listen to Dr. Varnado now.

2

## Fact Sheet: Men's Checklist What African American Men Should Know

If you are an African American man and want to stay healthy, this fact sheet may help you make your own list to keep your health in check. Read about the checklist today.

3

## Poster: Health Screenings Every African American Man Should Know

Learn about basic health numbers and screenings to help African American men keep their health in check! Start your checklist with this free poster.

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