THE ROCK WEEKLY

SEPTEMBER PROSTATE CANCER MONTH



Though prostate cancer may not receive as much media attention as breast cancer, it is nearly as common, affecting about 1 in 8 men in their lifetime.

In 2024, about 299,010 men will be newly diagnosed with prostate cancer, more than any type of cancer aside from skin cancer, and about 35,250 men will die from prostate cancer—the most deaths from any cancer in men after lung and bronchus cancer.

Prostate Cancer at a Glance

The <u>prostate</u> is a walnut-sized gland, located at the base of the bladder, that makes up part of the male reproductive system. The main job of the prostate and seminal vesicles is to make fluid for semen.

Prostate cancer develops when abnormal cells form and grow in the prostate gland. Not all abnormal growths, also called tumors, are cancerous (malignant). Some growths may be non-cancerous (benign).

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Why is Screening for Prostate Cancer So Important?

After years of decline, cases of advanced prostate cancer are on the rise. According to the American Cancer Society's 2023 annual <u>Cancer Facts & Figures report</u>:

- The proportion of men diagnosed with advanced-stage prostate cancer has more than doubled over the past 10 years, from 3.9% to 8.2%.
- From 2014 to 2019, there was a 3% increase in prostate cancer incidence rate each year, representing 99,000 new cases and the first increase in about 20 years.

 This increase may be due, in part, to changes in screening guidelines that may have caused fewer men to get screened earlier.

Screening remains the most effective way to protect against advanced disease. When caught early, prostate cancer is highly treatable.

Staying Ahead of the Game

Screening for prostate cancer often starts with a simple blood test known as the prostate-specific antigen (PSA) test, which can help detect abnormalities in the prostate. Your doctor may also perform a prostate exam.

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Staying Ahead of the Game (cont'd)

The AUA suggests that most men should receive a baseline PSA test between ages 45 to 50 years. Men with a family history or who are at increased risk of prostate cancer, including Black men, should talk to their doctor about screening earlier.

Risk Factors for Prostate Cancer

Any genetically male patient can develop prostate cancer, but there are additional risk factors that put certain individuals at risk. According to the AUA, factors that increase a man's risk of developing prostate cancer include:

The Urology Care Foundation acknowledges that opting for prostate cancer screening is personal. Prior to testing, consult your doctor about your risk, including your personal and family history, as well as the risks of being tested.

- Age: As men age, their risk of getting prostate cancer goes up. Harm to the DNA (or genetic material) of prostate cells is more likely for men over the age of 55.
- Race and ethnicity: According to the American Cancer Society, the incidence of prostate cancer is about 70% higher in Black men than in White men. Researchers are actively looking into the reasons behind this disparity. In addition, prostate cancer occurs less often in Asian American and Hispanic men than in non-Hispanic White men.

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Risk Factors for Prostate Cancer

- Family History: Men who have a grandfather, father, or brother with prostate cancer face a higher risk of getting the disease. Having family members with breast and ovarian cancer also raises a man's risk for prostate cancer.
- Weight: Studies link being overweight in your 50s and later to a greater risk of advanced prostate cancer. Doctors advise keeping to a healthy weight to reduce risk.

Treating Prostate Cancer

Treatment for prostate cancer will depend on a variety of factors, and some low-risk prostate cancers may only need to be monitored with an approach called **active surveillance**, or close monitoring with imaging and tests.

According to the AUA, some factors that may determine treatment options include:

- Stage and grade of the cancer (Gleason score and TNM stage)
- Risk category (whether the cancer is low-, intermediate- or high-risk)
- Age and health
- Preferences about side effects and long-term effects of treatment
- Treatment goals
- Results from other diagnostic tests

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Some common treatment options for prostate cancer include radiation treatment, hormonal therapy, or surgery. Other emerging treatment options include <u>immunotherapy</u>, which harvests the body's natural immune system to fight the cancer, and focal therapy, which targets smaller tumors using high-intensity focused ultrasound and other techniques.

Questions to Ask Your Doctor About Prostate Cancer Treatment

Treatment for prostate cancer has advanced considerably in the past decade, but it can still come with many undesirable side effects that may reduce your quality of life.

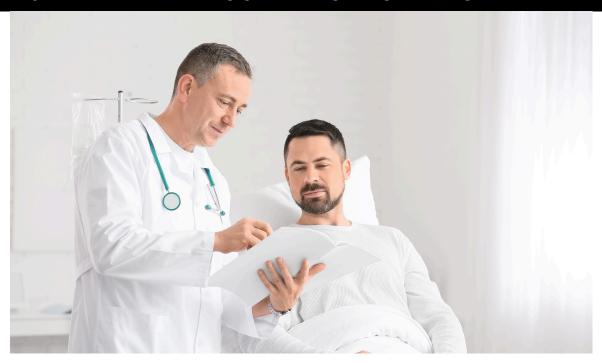
Questions to Ask Your Doctor About Prostate Cancer Treatment

Having open and honest conversations with your care team about side effects may help you prepare for treatment as well as consider therapies to reduce side effects. Ultimately, decisions should be based on your goals and conversations with your care team. Some questions to consider asking your care team include:

- "What treatment is right for me?"
 - Your quality of life is equally important as treating your cancer. Some types of prostate cancer may not even need to be treated, but others may require various forms of treatment. Treatments can and should be tailored to your specific type of cancer and your goals.

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Questions to Ask Your Doctor About Prostate Cancer Treatment (cont'd)

- "How will surgery or treatment affect my quality of life?"
 - Treatment for prostate cancer can impact your quality of life, including sexual and urinary function, as well as your balance and cognition. Your doctor can advise on what you can expect during and after treatment. Your doctor may be able to prescribe medication or other treatment options, including physical therapy, to help reduce side effects of treatment and maintain your quality of life.

THE ROCK WEEKLY

SEPTEMBER IS HISPANIC HERITAGE MONTH



Hispanic Heritage Month is a monthlong celebration of Hispanic and Latino history and culture. While we celebrate Hispanic and Latino communites beyond this month, from September 15 to October 15 we give extra recognition to the many contributions made to the history and culture of the United States, including important advocacy work, vibrant art, popular and traditional foods, and much more.

Hispanic Heritage Month provides an additional opportunity to explore the incredible impact Latinas and Latinos have had on the United States for generations. The Latino presence in America spans centuries, predating Spain's colonization of what is now part of the United States, and they have been an integral part of shaping our nation since the Revolutionary War.

Through the Treaty of Guadalupe Hidalgo and the Treaty of Paris that followed the Mexican-American and Spanish-American wars, the United States gained territories in the Southwest and Puerto Rico. This incorporated the people of this area into the United States and further expanded the presence of Hispanic Americans.

Today, the <u>Latino population</u> in the United States today is over 60 million, according to the U.S. Census Bureau. This makes up 18.9% of the total population and is the largest racial or ethnic group. Latinos continue to help fuel our economy and enrich our nation as entrepreneurs, athletes, artists, entertainers, scientists, public servants, and much more.

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SEPTEMBER IS HISPANIC HERITAGE MONTH







What is the difference between Hispanic and Latino?

Hispanic and Latino are the two most used terms to describe Americans with Latin American and Caribbean ancestry. You may often see these terms used different interchangeably, but people understand and use these terms differently. The National Museum of the American Latino uses the term "Latino" to describe the diverse residents of the United States with cultural or ancestral ties to Latin America or the Caribbean.

For many, the term "Latino" also creates room for acknowledging Black, Indigenous, Asian, and other heritages on equal terms with European ancestry. The term "Hispanic" is used to signal a connection to Spain or the Spanish language.

When is Hispanic Heritage Month?

Hispanic Heritage Month is celebrated each year from September 15 to October 15. It began as a week-long celebration in 1968 under President Johnson and was expanded to a month by President Reagan 20 years later in 1988. The monthlong celebration provides more time to properly recognize the significant contributions Hispanic/Latino Americans have made in the United States.

Hispanic Heritage Month does not cover one single month but instead begins in the middle of September and ends in the middle of October. The timeframe of this month is significant because many Central American countries celebrate their independence days within these dates, beginning on September 15 with Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. By aligning with these independence dates, Hispanic Heritage Month honors the resilience and determination of the Hispanic community.

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SEPTEMBER IS HISPANIC HERITAGE MONTH



Why is Hispanic Heritage Month so Important?

Latinas and Latinos have always held significant roles throughout our country's history, dating all the way back to the American Revolution. Hispanic Heritage Month is important because it provides an opportunity to celebrate the integral part the Hispanic/Latino community has had in growing and strengthening our democracy.

Representation matters. Latinos and Latinas continue to <u>shape our nation</u> as business owners, activists, artists, public servants, and more. From serving in the U.S. military to being champions in the fight for civil rights, Latinas and Latinos remain strong leaders and changemakers.

It's crucial to make sure that the contributions of the Latino community are showcased, and that Latinas and Latinos have a voice. According to 2020 data from the U.S. Census Bureau, one in every four children in the United States is Hispanic/Latino. A recent study found that Latino history is largely left out in high school textbooks that are used across the United States, despite the increasing percentage of Latina and Latino students. This also comes at a time when the economic output of American Latinos would rank fifth in the world if the community were an independent country. As the country continues to increase in diversity, it's necessary for all citizens to learn more about American Latino experiences to recognize and value the many contributions Latinas and Latinos have made.

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Why is Hispanic Heritage Month so Important? (cont'd)

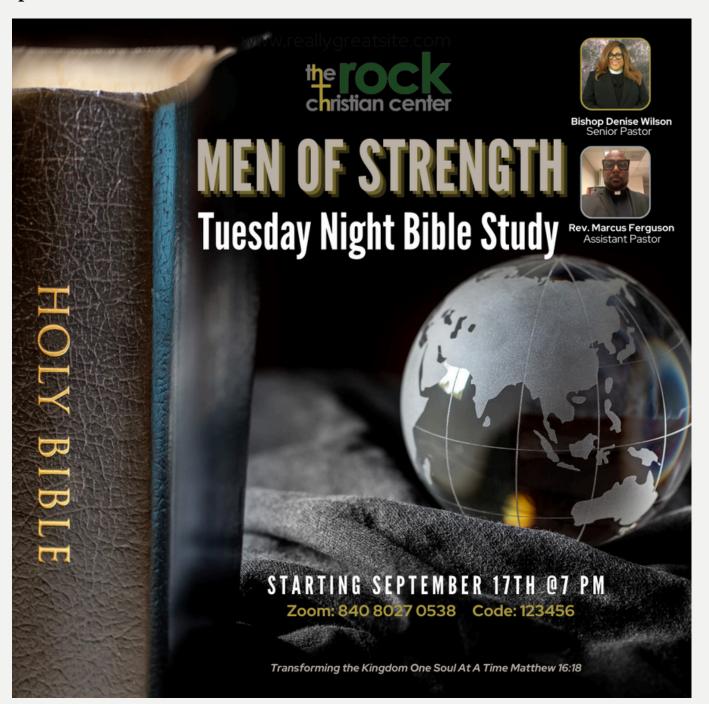
Hispanic Heritage Month is an opportunity to shine a spotlight on the unique voices and experiences of Hispanic/Latino Americans and recognize their history, journeys, and achievements. Through these celebrations, we can all help to inspire younger generations and bring communities together.











Hey Men,

Join us for The Rock Christian Center's Men of Strength Bible Study, starting Tuesday, September 17th at 7 PM. It's a space where we can come together, grow in our faith, and sharpen each other through real conversations about God and life.

Whether you've been around or it's your first time, we'd love to have you there. Bring a friend, and let's get stronger together.

Date: Tuesdays
Time: 7 PM

Location: Zoom Bible Room

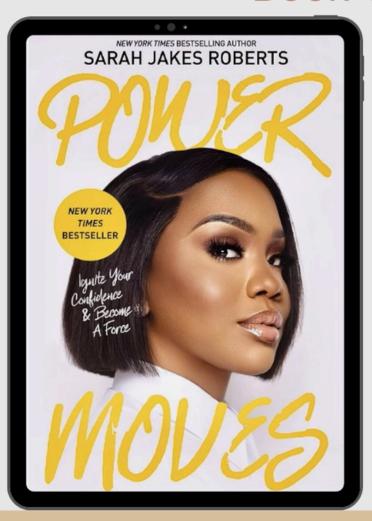
See you there, brothers! 6 #MenOfStrength #StrongerTogether #FaithInAction





Bishop Denise Wilson Senior Pastor

The Rock Women's Ministry Book Club



Do you enjoy reading books? Do you like the idea of being a part of community of likeminded women where you can share your ideas and thoughts? You are cordially invited to join The Rock Women's Ministry Book Club. We will do this study the month of August starting on the 8th each Thursday Nights @ 7:00p

Our first book is entitled Power Move by Sarah Jakes Roberts. The book can be purchased via Amazon. On August 8th come prepared to discuss chapters 1 and 2. I encourage you to take notes and in your quiet time reflect on what you have read and how you can apply it to your life. See you on August 8th.

> Zoom Room: 840 8027 0538 Code: 123456

> > Pastor Dee

Transforming the Kingdom One Soul at a Time/Matthew 16:18



→ Join The Rock Christian Center for Our Homeless Ministry Outreach! →
We invite you to be a part of something special Saturday, September 28th, as we
gather at McPherson Square (15th & I St NW, Washington, DC) to serve meals and
spread hope to those in need.

Your helping hand can make a big difference in someone's day! Together, we will show love, compassion, and care for our homeless neighbors.

📅 Date: Saturday, October 26th

🖰 Time: 9:45 AM - 10:45 AM

Location: McPherson Square, 15th & I St NW, Washington, DC Come with an open heart, and bring a friend! Let's serve together and be a blessing in our community.

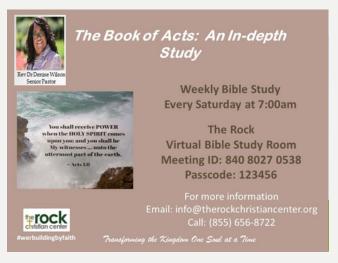
To sign up to serve <u>click here</u> impact, together! #CommunityOutreach

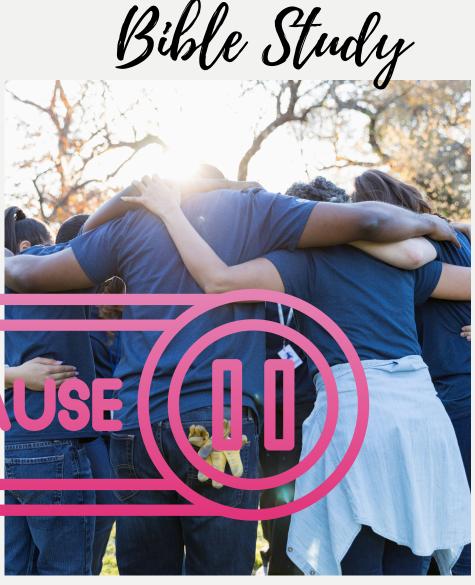


SATURDAY MORNING BIBLE STUDY

Join us for our Saturday morning bible study at 7:00 am for an indepth study of The Book of Acts. This book provides a bridge for the writings of the NT. It joins what Jesus "began to do and to teach" as told in the Gospels with what he continued to do and teach through the apostles' preaching and the establishment of the church. It is also a bridge that ties the church in its beginning with each succeeding age.

*Read Acts





More information will be coming soon about Thursday Night Bible Study.

This takes place in **The Rock Zoom** Bible Study Meeting Room, Meeting ID: 840 8027 0538 Passcode 123456.

Groupme



Are you apart of the Groupme? If you're not, then you are missing out on our vital communication app. We are no longer using our previous text threads. They were creating duplicate threads that were confusing. We have different chat groups on the app for our different ministries. Please download the app and look for The Rock Christian Center.

Vol 3 Issue 28





Bishop Denise Wilson Senior Pastor

AS YOU TRAVEL REMEMBER THE ROCK

Join Us in Spreading Kindness!

Traveling anytime soon? Pack an extra dose of love in your suitcase! We're collecting toiletries for our Homeless Ministry and we need YOUR help!

From shampoo to toothpaste, every donation makes a difference in the lives of those in need. Let's come together to provide comfort, dignity, and a fresh start to those facing homelessness in our community.

For drop information, please call 855-656-8722. You can also reach out to a Rock member or email us at info@therockchristiancenter.org.

Together, let's make a positive impact, one toiletry at a time!

** #SpreadKindness #HomelessMinistry #DonateToiletries

www.therockchristiancenter.org



Transforming the Kingdom One Soul at a Time

Ministry Meeting

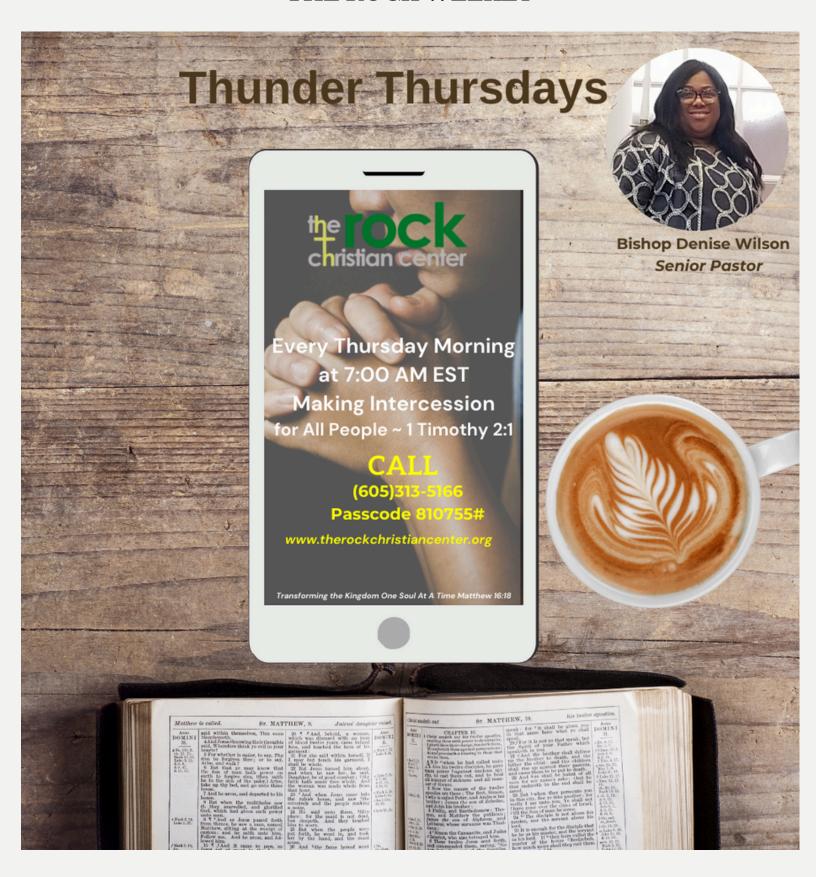


Are you a ministry leader here at The Rock? Have you scheduled a meeting for your ministry? Members are you apart of a ministry here at The Rock? If you are please be on the look out for ministry meetings where you can be apart of the planning for upcoming events.

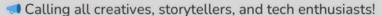


The youth department could use the help of our parents in the congregation. Please see Rev. Malika to see how you can be apart of a growing ministry in our church.

THE ROCK WEEKLY









Ready to make a difference and unleash your creativity? Join us at The Rock Christian Center's Multimedia Ministry!

Use your talents to inspire, uplift, and connect with our community! Gain new skills, and be part of something truly special!



CONTACT: Rev. Ferguson