

INDY DAD'S DAY 5K

Race Against Prostate Cancer

An event planned with the whole family in mind!

June 14, 2003
Run/Walk/Family-Walk start is 8:00 am
IUPUI Campus

Come and join the Dad's Day 5K activities as we honor our fathers on Father's Day weekend. It will be a great day with numerous opportunities for having a fun day remembering and honoring our DADS.

Course: Flat and scenic in and around the IUPUI campus
T-shirt included in the registration
Pre registration due by June 9, 2003
Packet pick-up at the IU Cancer Center lobby
(West of the IU Medical Center)
Friday, June 13, 2003
4:00 PM to 8:00 PM
Saturday, June 14, 2003
6:45 AM to 7:45 AM

Proceeds will go to the
Indiana University Foundation for Prostate Cancer Research
&
Little Red Door Cancer Agency

Family Activities and Race Presented by

Central Indiana Prostate Cancer Foundation, Inc.

A registered 501(c)(3) nonprofit organization located in Indianapolis Indiana
www.(to be announced)



Central Indiana Prostate Cancer Foundation, Inc.
www.indydadsday5k.org

Information about the race will also be posted on www.runnersforum.com
Click on 2003 schedule

CENTRAL INDIANA PROSTATE CANCER FOUNDATION, INC.

A 501(c)(3) nonprofit organization located in Indianapolis, Indiana
www.indydadsday5k.org

► MISSION ◀

The Central Indiana Prostate Cancer Foundation, Inc. (CIPCFI) is a 501(c)(3) charitable/nonprofit organization with the purposes of generating support and funding for prostate cancer research, education, testing, patient assistance, and of assisting other organizations that have similar purposes.

► OBJECTIVES AND GOALS ◀

Generate support and funding for prostate cancer research, prostate cancer education, patient assistance, and assist other charitable organizations as determined by the Board through a fund raising run and walk and other events as determined by the Board.

► ASSET DISTRIBUTION ◀

INDIANA UNIVERSITY FOUNDATION FOR PROSTATE CANCER RESEARCH

A not-for-profit corporation dedicated to maximizing private resources for Indiana University.

LITTLE RED DOOR CANCER AGENCY

Mission: The Little Red Door Cancer Agency works to reduce the physical, emotional, and financial burdens of cancer.

► RECOMMENDATIONS ◀

1 out of every 6 men in the United States will develop prostate cancer.

Prostate cancer is the most commonly diagnosed cancer in American men.

Prostate cancer is a **treatable** cancer when **discovered early** through the PSA blood test and digital rectal exam.

Prostate Cancer Early prostate cancer has no symptoms, but if the disease is detected in the early stages, it can be treated with a high degree of success. Annually, some 180,000 American men are diagnosed with prostate cancer, and about 32,000 die from it each year. In Indiana, the American Cancer Society estimates 4,400 men will be diagnosed and estimates 700 men will die from prostate cancer in 2002.

Risk Factors You may be at greater risk of developing prostate cancer if you: ■Are over 50 (more than 75% of prostate cancer diagnoses occur in men over 65). ■Are African-American (African-Americans are twice as likely as white men to develop and die from the disease). ■Have one or more close family members who have been diagnosed with prostate cancer

Preventive Measures A prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE) are methods of early prostate cancer detection.

Discuss with your physician the pros and cons of early prostate cancer detection and treatment. Generally, men should have a PSA blood test and DRE every year beginning at age **50**. African-American men and those who have two or more close relatives (father or brothers) with prostate cancer should begin preventive screenings as early as age **40**.

Dr. Michael O. Koch, Professor and Chairman
Department of Urology
Indiana University School of Medicine