

#### Latino Health Institute-Boston

95 Berkley Street, 6th floor  
Boston, MA 02116  
Phone 617-350-6900 x107  
FAX 617-350- 6901

#### REACH Community Health Foundation

71 Hospital Ave  
North Adams, MA 01247  
Phone 413-664-5326  
FAX 413-664-5028

#### Spanish American Union

2335 Main Street  
Springfield, MA 01107  
Phone 413-734-7381  
FAX 413-734-8293

#### VNA of Cape Cod

434 Route 134, Site D-3  
South Dennis, MA 02660  
Phone 1-888-557-9994 (toll-free)  
FAX 508-398-7878

#### Whittier Street Health Center

1125 Tremont Street  
Roxbury, MA 02120  
Phones 617-989-3028 & 617-989-3211  
FAX 617-989-3247

#### YMCA of Greater Worcester

766 Main Street  
Worcester, MA 01610  
Phone 508-755-6101 x252  
FAX 508-753-7969

## Some Basic Health Facts Men Need to Know

- About **5,500 Massachusetts men** are diagnosed with prostate cancer annually.
- **Prostate cancer** has a higher rate of death than breast cancer; 32 men of 100,000 will die of prostate cancer while 27 women of 100,000 will die of breast cancer.
- **1 in 6 men** is at risk for prostate cancer during his lifetime.
- **African American men** have the highest rate of diagnosis and death from prostate cancer.
- Heart Disease and Stroke are leading causes of death, with over **9,100 men dying in Massachusetts** each year.
- Prostate cancer and risk factors for heart disease and stroke are **silent conditions**. Without screening, you may not know you have them.
- **Early detection** is the key to successful treatment.
- **Regular screenings** for prostate cancer and risk factors for heart disease and stroke can lead to a longer, healthier life.

**STATISTIC:** Three of the leading causes of death among African American men are heart disease, stroke and prostate cancer. African American men have a heightened risk for all of these.

(National Center for Health Statistics)

### Where Can I Enroll for Partnership Services?

- Men's Health Partnership programs are located in health centers, hospitals and community-based agencies statewide.
- Check the listing inside this brochure for the location nearest you.

### Where Can I Find More Information About Prostate Cancer?

- Your doctor or primary care provider
- The Massachusetts Department of Public Health Men's Health Partnership: 617-624-5070; TTY 617-624-5992
- Read *Prostate Cancer: A Guide for Men and Their Families* available at any Partnership location or online at: [www.maclearinghouse.com](http://www.maclearinghouse.com), order # PC515

## Free Screening for Prostate Cancer, Heart Disease & Stroke Risk Factors

Take Charge of Your Health  
through the  
Men's Health Partnership



**GETTING HEALTHY.  
STAYING HEALTHY.  
TOGETHER.**



**GETTING HEALTHY.  
STAYING HEALTHY.  
TOGETHER.**

# The Men's Health Partnership Your link to free screenings



## Free Screening for Prostate Cancer, Heart Disease & Stroke Risk Factors

### Our Goals:

- To help men understand the importance of screening for risk of prostate cancer, heart disease and stroke.
- To link men to medical care.

### Where are Services Found?

- Services are offered through a statewide network of community-based health care organizations near you.

### What Services are Covered?

- Once-a-year, free medical screenings, risk factor reduction counseling and linkage to medical follow-up.

#### *Prostate Cancer Screenings*

- Prostate Specific Antigen Test (PSA) — a simple blood test. High levels of PSA may mean you have prostate cancer.
- Digital Rectal Exam (DRE) A medical exam that checks for any change in the size or shape of the prostate that may be due to prostate cancer.

#### *Heart Disease and Stroke Risk Factor Screenings*

- Height and Weight Measurement helps to diagnose overweight or obesity.
- Blood Pressure Measurement helps to diagnose high blood pressure — hypertension.
- Cholesterol — a simple fasting blood test — checks for factors that can lead to blockage of blood vessels, heart attack or stroke.
- Blood Sugar — a simple fasting blood test — helps to diagnose and guide treatment of diabetes.

#### *Education, Lifestyle Counseling and Medical Follow-up*

- Risk Factor Reduction helps to identify health risks due to tobacco use, lack of physical activity and an unhealthy diet.
- Health Counseling helps each man identify changes he can make in the way he lives to reduce risk factors.
- Linkage to Follow-up Medical Care provides linkage to primary care for each man and specialty care as determined by screening test results.

### Who May Qualify for Services?

#### *Prostate Cancer Screening*

Male Massachusetts residents who:

- Have no health insurance or
- Have health insurance that does not cover prostate cancer screenings

AND

- Are age 50 or older or
- Are African American and age 40 or older or
- Are age 40 or older with a family history of prostate cancer

#### *Heart Disease and Stroke Screening*

Male Massachusetts residents who:

- Have no health insurance or
- Have health insurance that does not cover screenings for heart disease and stroke risk factors

AND

- Are age 18 or older



#### **Berkshire Health System**

725 North Street  
Pittsfield, MA 01201  
Phone 413-445-9221  
FAX 413-445-9443

Fairview Hospital  
Lewis Avenue  
Great Barrington, MA 01230  
Phone 413-528-5045

#### **Brockton Hospital Ambulatory Care**

680 Centre Street  
Brockton, MA 02302  
Phone 508-941-7391  
FAX 508-941-6094

#### **Caring Health Center**

1040 Main Street,  
Springfield, MA 01103  
Phone 413-693-1039  
FAX 413-693-1033

#### **Caritas Carney Hospital**

2100 Dorchester Avenue  
Dorchester, MA 02124  
Phone 617-296-4000  
FAX 617-474-3854

#### **Elder Services of the Merrimack Valley**

360 Merrimack St., Bldg 5  
Lawrence, MA 01843  
Phone 978-683-7747 x347  
FAX 978-687-1067

#### **Franklin County Health Care**

330 Montague City Rd.  
Turners Falls, MA 01376  
Phone 413-773-5555 x257  
FAX 413-772-1084



Remember Early Detection Leads to Early Treatment.  
With Free Screenings, Take Charge of Your Life.