Prostate Cancer Awareness Month Is September

About 268,490 people will be diagnosed with prostate cancer this year in the United States. Here's how you can get better informed.

September 15, 2022 By Dan Zeller

"Oh, prostate cancer isn't so bad. It's the easy cancer."

Bull****. Ask anyone who's been diagnosed with it just how easy it is. It's not.

September is the month where we can dispel that notion held by so many by increasing awareness about prostate cancer. Here are some key statistics about prostate cancer in 2022 from the American Cancer Society:

- Other than skin cancer, prostate cancer is the most common cancer in American men.
- There will be about 268,490 new cases in 2022.
- There will be about 34,500 deaths in 2022.
- About 1 in 8 men will be diagnosed with prostate cancer.

If you really want to learn more—and I heartily encourage you do to so—a great resource is the book: Dr. Patrick Walsh's Guide to Surviving Prostate Cancer, Fourth Edition.

You don't have to read all 544 pages, but you can cherry pick the sections that are of interest to you and they will give you a good introduction to the topic. Certainly there are tons of other books out there that would be equally valuable.

If you don't want to buy a book, you can check out some of these resources for free:

- American Cancer Society
- Prostate Cancer Foundation
- Prostate Cancer Research Institute
- ZERO Cancer

Please take some time in September to increase your awareness about prostate cancer before you get diagnosed. Understand the risks—family history, race, age, diet—and how they may influence your decision to get screened for prostate cancer.

This post originally appeared on Dan's Journey Through Prostate Cancer on August 31, 2022. It is republished with permission.

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