



UT Southwestern

Prostate Cancer Education and Prevention

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Robert Hernandez, RN, Oncology Nursing Supervisor

Wednesday June 10, 2026

- Robert Hernandez, RN, is the Oncology Nursing Supervisor at Moncrief Cancer Institute. He oversees the colorectal, lung, and prostate cancer screening and navigation programs.
- Robert has over 15 years of nursing experience and holds a Bachelor of Science in Nursing degree from the University of Texas at Arlington.
- In his free time, Robert enjoys playing golf and fly fishing.



Lennox Employee Testimony



Jerry Baedke retired from Lennox in 2018 with 45 years in Operations and Transportation, and continued consulting for Lennox from 2020-2023.

He is very active in the community, devoting the majority of his time to his church in Plano and the Comfort Dog Ministry, which provides canine comfort to individuals and families suffering from health-related issues, loss of family, the elderly and the military. They visit hospitals, nursing homes, rehabs, schools and military bases. They have served at the site of disasters such as Allen mall shooting, Kerrville flood and the Uvalde school shooting.

Moncrief Cancer Institute – UTSW

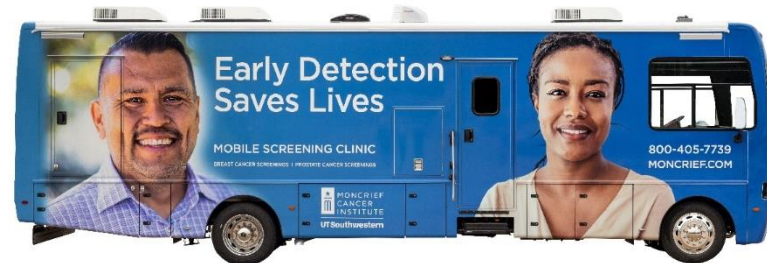
- Part of UT Southwestern Medical Center and Harold C. Simmons Comprehensive Cancer Center
- Provide Education, Early Detection Cancer Screenings, Patient Navigation, and Survivorship Services to the medically underserved



Mobile Screening Clinic

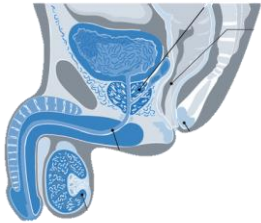
We have two state-of-the-art Mobile Screening Clinics that travel thousands of miles each year to reach uninsured and medically underserved women and men across North and Central Texas.

Now traveling to companies and providing cancer screenings to employees.

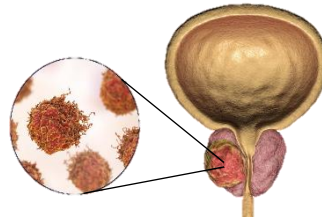


Prostate Cancer Education

What's a prostate?



What is prostate cancer?



Are there symptoms?



How do I reduce risks?



When do I start getting screened?

50/45

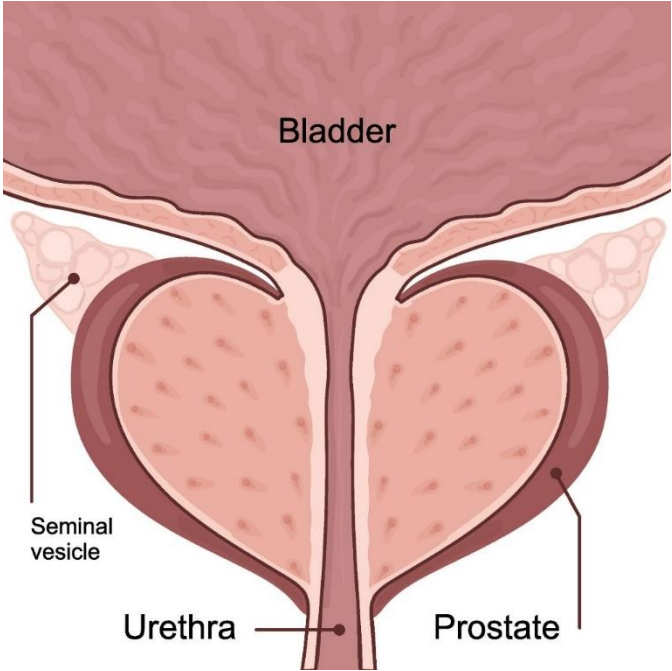
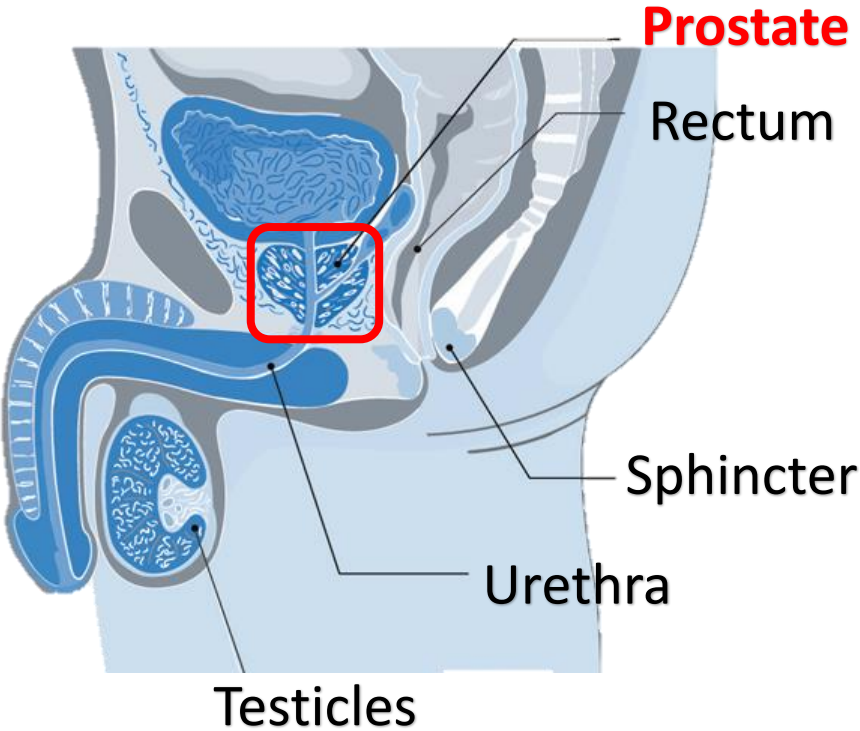
How do I get screened?



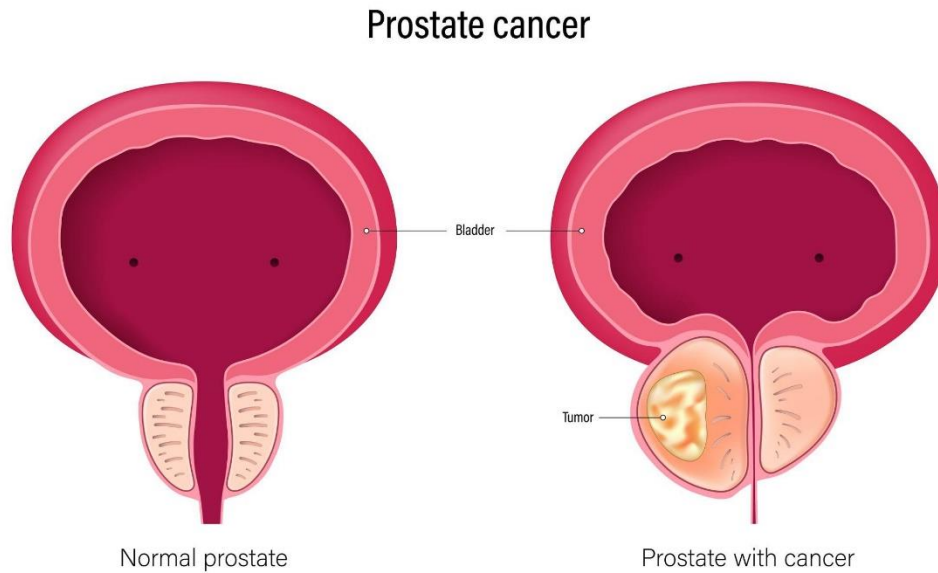
What's next?



What is a Prostate?



What is Prostate Cancer?



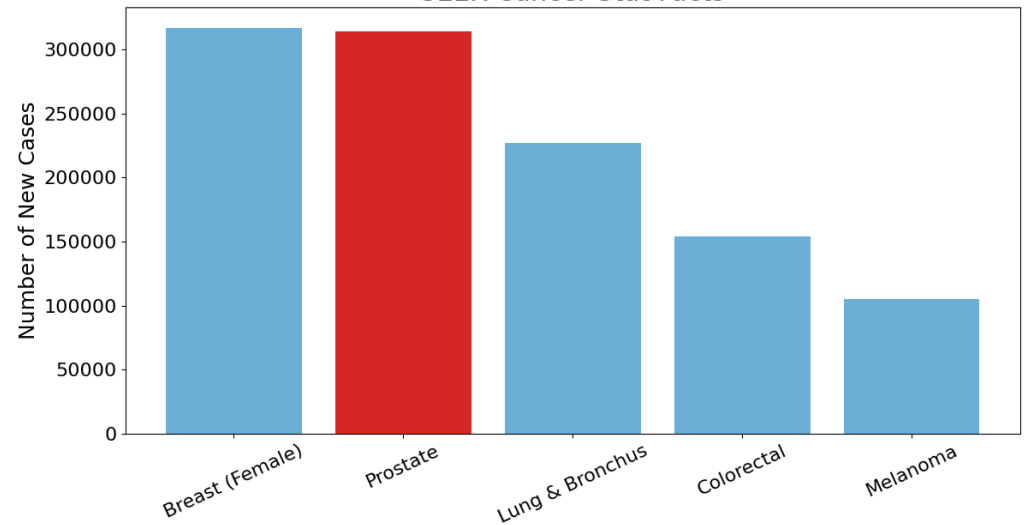
- ✓ Abnormal growth
- ✓ Can spread (metastasize), potential to cause death

Photo Credit: <https://cdn-prod.medicalnewstoday.com/content/images/articles/320/320325/prostate-cancer-illustration.jpg>

How Common is Prostate Cancer?

- 1 in 7 men diagnosed in a lifetime
- 2nd leading cancer killer in men
- Most common (non-skin) cancer in men

Top 5 Most Common New Cancer Cases (U.S., 2025 Estimates)
SEER Cancer Stat Facts



SEER Cancer Stat Facts (2025 estimated cases), NCI seer.cancer.gov/statfacts/html/all.html

Symptoms

Early Prostate Cancer

Symptoms = Rare

Most Often: No Symptoms

Advanced Prostate Cancer



Weakness
in the
extremities



Stiffness in
pelvis and
lower back



Unintended
weight loss

Stages of Diagnosis

Early Prostate Cancer

>95% of New
Prostate Cancer
Diagnoses

Advanced Prostate Cancer

<5% of New
Prostate Cancer
Diagnoses

How Do We Screen for Prostate Cancer?

How Do We Screen?



Blood test
(PSA)

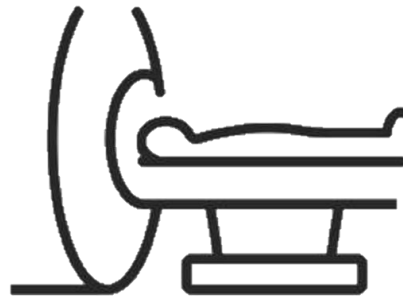
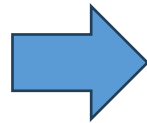


Quick exam
(PCP)

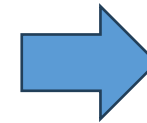
What happens if my PSA is ABNORMAL?



Repeat PSA test



MRI



Biopsy

When to Start Screening



- ✓ Age 50 if average risk
- ✓ Age 45 if high risk (African American men OR men with one close relative diagnosed before the age of 65)
- ✓ Age 40 if very high risk (Men with more than one close relative diagnosed before the age of 65)

Am I at Risk?



- ✓ Age
- ✓ Family History
- ✓ African American Race
- ✓ Genetic Mutations
- ✓ Diet/Obesity (possible)

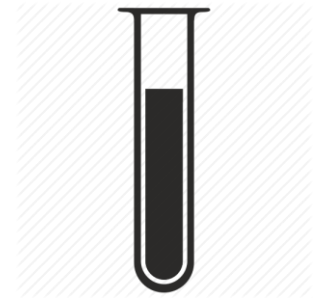
How to Reduce Your Risk – Get Screened!



Regular exercise



Healthy diet



Getting screened!

**Screening saves
lives**

MEN'S HEALTH EVENTS

Wellness Champions & SERVE partnering during June 2026:



Bus located in parking outside Lennox Tower

PROSTATE SCREENING EVENT

UTSouthwestern
Simmons Cancer Center



SERVE

The UT Southwestern Mobile Prostate Screening Unit Will be Available:

Date: Thursday, June 25, 2026

Time: 8:30 a.m. - 3:00 p.m. *until the last patient*

Where: 2140 Lake Park Blvd - Richardson, Texas 75080

Sponsored by: Lennox Corporate

Available only to male employees and male spouses on the Lennox Health Plan

Please call **817-288-9849** to sign up!



UTSouthwestern

Mobile Prostate Screening at Lennox

**The Moncrief Mobile Screening Clinic will be onsite at Lennox on
Thursday June 25, 2026**

Appointments available between 8:30-2:30pm

Moncrief uses a blood test to screen for prostate cancer. The simple test measures how much prostate-specific antigen (PSA) is in your blood.

Who Should Call to Schedule (dependent on insurance coverage and verification)

- **Men ages 50 to 69 who are generally healthy (average risk)**
- **Men ages 45 to 69 who are African American (high risk)**
- **Men ages 40 to 69 with a parent, sibling, or child who has been diagnosed with prostate cancer (very high risk)**

Call 817-288-9849 to schedule your appointment. Please have your insurance information available.



Q/A (continued)

Free Prostate Screening Event

Who is eligible?

All male employees and male spouses enrolled in Lennox's medical plan are eligible to participate.

What does the prostate cancer screening entail?

Moncrief uses a PSA blood test to screen for prostate cancer. The test measures how much prostate-specific antigen (PSA) is in your blood. PSA is a protein made by the prostate gland. If the PSA is elevated, it could be an early sign of prostate cancer.

How much does it cost?

The screening is FREE and included as part of your benefits.

Preventive screenings, including prostate screenings, are covered based on the calendar year, not the date of your most recent screening.

Who should participate?

Men ages 50 to 69 who are generally healthy (average risk)

Men ages 45 to 69 who are African American (high risk)

Men ages 40 to 69 with a parent, sibling, or child who has been diagnosed with prostate cancer (very high risk)

How to schedule your screening appointment:

Space is limited! Schedule your appointment ahead of time!

Call the mobile call center at: **817-288-9849.. Monday- Friday 8:30 am- 2:30 pm**

Day of the event:

Participants will need to bring their driver's license and medical ID card.

Photocopies will be accepted.

The screening takes about 15 mins.

Wear comfortable two-piece outfit to your screening.

The UTSW Mobile Unit is designed for routine screenings. If you have any problems, please consult your physician.

For questions regarding the event please email April.Williams@Lennox.com