

1 in 10 NZ
men will develop
prostate cancer



Prostate Cancer Foundation Inc.

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Registered New Zealand Charity, No. CC30635

Prostate Cancer Foundation Inc.

The role of the organisation is to provide information, counselling and comfort to those diagnosed with prostate cancer. PCF is a national, non profit, volunteer organisation comprised largely of prostate cancer survivors.

How to Donate

Please send a cheque payable to
Prostate Cancer Foundation

The Secretary

PO Box 11006 Musselburgh
Dunedin 9049

PCF National Helpline

0800 4 PROSTATE (0800 4 77678)

www.prostate.org.nz

**One
life,
One
chance.**



New Idea



WHAT YOU SHOULD KNOW ABOUT PROSTATE CANCER...

A man thing...

The prostate is a walnut sized gland that sits just under the bladder. It's job is to produce the bulk of semen to help protect and nourish sperm on their hazardous trip to the womb.

What causes it?

While nobody knows what causes prostate cancer, there are some recognised risk factors:

- **Birthdays:** Risk increases over the age of 40 years. Prostate cancer is rare in younger men. Either buy less candles for the cake or better still eat the candles and leave the cake as a high fat diet may also be a risk factor.
- **Family History:** If your father or brother had prostate cancer, your risk increases. If they had it at a young age, your risk is even higher.
- **'Western diet':** High fat, lots of red meat. Countries with low fat and low meat diets have low levels of prostate cancer.
- **Obesity:** Being overweight is a major risk factor for all cancers.

Prostate cancer is not caused by vasectomy, injury, masturbation or reading the Karma Sutra under the bedclothes with a torch.

Just as well, or it could be teenagers suffering along with men predominantly aged over 50.

Happy Birthdays

As men get older, their urine flow can become slower and the bladder needs to be emptied more often.

This is usually due to the prostate gland getting bigger and putting pressure on the bladder.

If you need to pee more often, it does not mean that you have prostate cancer.

But it is important to see the doctor and rule it out. With early discovery, prostate cancer can be treated very successfully.

Watch out for:

- **difficulty peeing with any kind of pressure;**
- **peeing more often than usual;**
- **getting up at night to have a pee only to get up again later on;**
- **a feeling that you haven't quite got rid of it all when you pee;**
- **stop-start-peeing;**
- **discomfort or burning when peeing;**
- **blood in your pee or semen.**

But Normally there are no Symptoms

Getting it sorted

Get used to hearing the acronym 'PSA'. It stands for 'Prostate Specific Antigen' and is a simple blood test. That's about as simple as it gets though.

A raised PSA level is usually not a sign of cancer. It can be caused by inflammation and a large but non-cancerous prostate. So before doing a PSA test with your GP, talk about the meaning of the results in terms of possible treatment. Your doctor will usually carry out a physical examination as well as a blood test for PSA. If the levels are high your doctor may refer you for further tests.

If further tests show that you have prostate cancer, the treatment you are offered will depend on your age, general health and the stage or grade of the cancer. Possible treatments include surgery, radiotherapy, hormone therapy and sometimes chemotherapy.

You may be able to reduce your risk by having a balanced diet with fresh fruit and vegetables.

Tomatoes and tomato-based products reportedly can reduce your risk, so the occasional Bloody Mary may also be helpful, but preferably with less Mary!

The risk of a man getting prostate cancer is only 2% less than the risk of a woman getting breast cancer.

Reproduced from the manual for Men on Cancer Prevention and Early Detection with the kind permission of the Irish Cancer Society. www.cancer.ie