



Shawn Haggerty
President

Teresa Magee
Secretary-Treasurer

Betty Pardy
Recorder

PROSTATE CANCER

No one needs reminding that cancer is a serious concern in Canada. Most of us know someone who has suffered from this disease.

Prostate cancer is the most common cancer for Canadian men. It will affect 1 in 7 males. It generally affects men in their 40s and is a greater threat to those with a family history of the condition. Prostate cancer develops when the cells in the prostate grow uncontrollably. It begins in the prostate and spreads to other parts of the body.



While those facts are alarming, there is also good news. In its early stages of this disease, before it has spread, it is highly curable. In fact, 90% of

those detected early on will be cured. Yet, it was estimated by Prostate Cancer Canada that 4,100 men will die this year from the disease. The discrepancy exists for several reasons. While it is for the most part curable in the early stages, that is also the time where the disease exhibits few, if any, symptoms.

In addition to this, Prostate Cancer Canada reveals that many men are unwilling to go for an annual check-up or discuss their risk of this disease with their doctor. Testing for this disease is actually quite easy. The first test is called the prostate specific antigen (PSA) test. It may sound complicated, but it is a simple blood test. From this test you will have a PSA number, which will help your doctor calculate your risk. Following this, it is recommended that you get a digital rectal examination (DRE). If your PSA score number is low, you will only have to be tested every 5 years.

These early testing methods can be life-saving. As soon as men hit 40, they should talk to their doctor about the tests. Men over 50 should consider annual or semi-annual testing. Think about it this way: if two short, simple tests could help determine whether you have the most common form of cancer among men, would you take it? Considering it is very likely that if you test early you will be cured, there is no reason for

DID YOU KNOW?

As soon as men hit 40, they should talk to their doctor about testing for prostate cancer.

PROSTATE CANCER

a man to avoid it.

Age and race are two factors indicating a person's risk for this disease. Prostate cancer is rare in someone under the age of 40 and as a man grows older, his risk increases. As previously mentioned,



those with a close relative that suffered from this form of cancer are more likely to contract it themselves.

It is not known why, but race is also a factor. Those of African or Caribbean ancestry have the highest rates of prostate cancer. First Nations and those from Asian countries have the lowest rate. It is important to stress that these biological factors are not destiny.

For example, a family member who was diagnosed with the disease may not have been tested early. Similarly, your race is not a definite factor in your probability for diagnosis.

Scientists believe that your diet may be a factor in developing prostate cancer. Since different cultures eat different types of foods, their culinary habits become a factor. For example, Asian men who remain in China or Japan are at lower risk than Chinese or Japanese men who have moved to North America.

Simply being a member of a particular nationality is not a risk. Asian diets tend to be low in fat, with dishes that include green tea and soy, both of which are antioxidants.

GET TESTED!

90% of cases detected early on will be cured

Health Canada also states that a diet high in fat and physical inactivity can contribute to your risk.

As with many cancers, there is no definite link and no one thing you can do to prevent developing this disease. However, it is important to emphasize that with prostate cancer, early detection is highly effective. If men are tested early and often, there is little to fear.

Source: Health Canada, Prostate Cancer Canada



FOR MORE INFORMATION

Source: Prostate Cancer Canada



Visit the Wellness page at
www.ufcw175.com
for more healthy living information.

published NOVEMBER 2011