

# Blue September

## Prostate Cancer Awareness Month

Each year in New Zealand approximately 4,000 men are diagnosed with prostate cancer and approximately 700 men die from the disease. The incidence of prostate cancer in New Zealand appears to be increasing. The prostate is a walnut-shaped gland (normally about 4 cm across) located below the bladder.

### Signs and symptoms

In many cases, prostate cancer does not produce any symptoms until the condition is quite advanced. Often it is diagnosed after treatment is sought for problems with urinary function. Symptoms of prostate cancer are often similar to those of benign (non-cancerous) prostate conditions, such as an enlarged prostate.

Common symptoms of prostate cancer include:

- Decreased force of the urine stream
- Pain and/or difficulty when passing urine
- Passing urine more frequently (especially at night)
- Blood in the urine or semen
- Inability to pass urine (this can occur as the tumour enlarges, blocking the urethra).



The most common places in the body for prostate cancer to spread to are the lymph nodes of the pelvis and the bones of the spine. Spread of the cancer can produce symptoms such as lower back pain.

## What can we do down at the shed?

- ⇒ Print the post and display it in the shed.
- ⇒ Send the poster to all members of your shed.
- ⇒ Invite a medical person to come down to the shed and spend time talking to members.
- ⇒ Host a special event such as a breakfast, share lunch.
- ⇒ Decorate a Blue cake or muffins with blue icing and sweets for morning tea. (this would be a fun activity for all)
- ⇒ Take up a collection and pass the donations on to the Prostate Cancer Foundation NZ.
- ⇒ Encourage all members to have a check for cancer.
- ⇒ Encourage all members to ask their sons to have a check for cancer.
- ⇒ Don't just say it will not happen to me. GET A CHECK

