

WHAT ARE YOUR REASONS?

It seems so long ago now. When we both promised, "...in sickness and in health", I know we both hoped for the latter. I do everything I can to keep it that way—exercise, check-ups, the whole-nine. I wear my reason on my left hand.



Contribute to Life

- One in six men in Alberta will be diagnosed with prostate cancer.
- Eight men die of prostate cancer every week in Alberta.
- In 2008 an estimated 24,700 cases were newly diagnosed and 4300 men lost their lives to prostate cancer.
- There may be no early warning signs of prostate cancer.

To learn how you can give, or help make a difference, visit us at prostatecancercentre.ca.



Prostate Cancer
Centre

Suite 100, 1011 Glenmore Trail SW Calgary, Alberta T2V 4R6

Phone: 403-212-8070 Info: info@prostatecancercentre.ca
Fax: 403-212-8077 www: prostatecancercentre.ca

Hours: 8:00 am - 4:30 pm, Monday to Friday

online map available at: www.prostatecancercentre.ca



What is the Prostate Cancer Centre?

The Prostate Cancer Centre is a non-profit organization dedicated to helping men diagnosed with, or suspected of having, prostate cancer or prostate related diseases. Diagnostic, support and research facilities provide enhanced patient care to those affected and advance the fight against prostate related disease.

The Prostate Cancer Centre is funded by the generous contributions of individuals and businesses to the Prostate Cancer Foundation. If you wish to support the Foundation, please contact us at info@prostatecancercentre.ca.

Thanks to our sponsors for their generous support of our programs and advancing the fight against prostate cancer and prostate related disease.



HEALTH CHOICES

for Life

WHAT ARE YOUR REASONS?



Prostate Cancer
Centre

The Prostate

ALL ABOUT THE PROSTATE

- The prostate is a gland located just below the bladder. The prostate surrounds the urethra, a tube which carries urine from the bladder through the penis, producing fluid and adding nutrients to sperm.
- As men grow older, the prostate increases in size. Benign Prostatic Hyperplasia (BPH) is the enlargement of the prostate, often causing urination difficulties, while prostatitis, also benign, is an inflammation of the prostate which can be acute or chronic.
- As opposed to an enlargement of the prostate, prostate cancer is a change in the cells within the prostate gland. An uncontrolled growth of cancerous cells in the prostate gland can, in some cases, spread to other parts of the body such as lymph glands or bones.
- As men get older, their risk of developing prostate cancer increases. Prostate cancer continues to be the leading type of cancer in Canadian males. In 2008, an estimated 24,700 cases were newly diagnosed and 4,300 men lost their lives to prostate cancer.
- 1 in 6 men will be diagnosed with prostate cancer in their lifetime.

If you think you may have prostate cancer talk to your family doctor. Prostate cancer is not always accompanied by symptoms, especially in the early stages.

Timeline

GET CHECKED TIMELINE

1. The Prostate Cancer Centre recommends men should have a baseline PSA (Prostate Specific Antigen) test at age 40.
2. If your doctor is not concerned with the result and there is no family history of prostate cancer, you should be tested every five years until age 50. Both DRE and PSA tests are recommended.
3. After age 50, both PSA tests and Digital Rectal Examinations (DRE) should be performed annually.
4. Keeping track of your PSA score is important. This will enable your physician to monitor trends in your PSA level.
5. If more than one PSA or DRE result is abnormal, you may be scheduled for a biopsy. A biopsy is the removal of tissue samples for microscopic examination. These tissues are used to assess and diagnose the presence of cancer.
6. If your biopsy confirms the presence of cancer it will be followed by a consultation with a Urologist. There are several different treatment options that may be available to patients.

Please visit our Resource Centre any time for additional information or peer counseling. Information is also available on our website at www.prostatecancercentre.ca.

Seeking Help

HOW CAN THE PROSTATE CANCER CENTRE HELP YOU?

Our centre operates for you. We provide current information about prostate cancer and the most up-to-date resources as well as the help and guidance of volunteers who have first hand experience with this disease.

OUR PROGRAMS AND SERVICES INCLUDE:

- **Rapid Access Clinics:** Express clinics staffed by urologists to reduce wait times for patients suspected of having prostate cancer.
- **Rapid Access Education Sessions:** Educational sessions delivered bi-monthly by several healthcare professionals to provide newly diagnosed patients with prostate cancer information and treatment options.
- **Biopsies:** Quick access to transrectal ultrasound guided biopsies.
- **“Next Step” Wellness Sessions:** Introduction to fitness, nutrition, counseling and stress management for men with prostate cancer.
- **Sexual Health Clinics:** Treatment and counseling for men experiencing difficulties with sexual function.
- **Mobile PSA Testing:** Baseline PSA testing clinics in the Man Van.
- **Research:** Testing advances in diagnosis and treatment to improve quality of life and work towards a cure for prostate cancer.
- **Community Presentations:** Trained volunteers present prostate cancer information sessions to groups of ten or more.
- **Library:** A wide array of current and medically sound literature, videos, journals and pamphlets on disease treatment and global research.
- **Counseling:** Volunteers who provide support and guidance based on their personal experience with prostate disease.

**Thank you for
being pro-active
with your health!**

