

August 29, 2014

Tackle the taboos this Prostate Cancer Awareness Month

Men of South Western Sydney are being urged to tackle the taboos of Prostate Cancer this International Prostate Cancer Awareness Month (September).

Cancer Services experts from South Western Sydney Local Health District want men to be aware of the screening, treatment, and management options of the disease.

South Western Sydney Local Health District Radiation Oncologist Dr Mark Sidhom said about 150 new prostate cancer patients are treated every year at the Liverpool and Macarthur Cancer Therapy Centres.

“Prostate cancer is the most common cancer diagnosed in Australian men, but one of the most worrying aspects of this cancer is that patients don’t commonly experience any symptoms,” Dr Sidhom said.

“Prostate cancer happens when some cells of the prostate reproduce much more quickly than in a normal prostate, causing a tumour.”

Prostate cancer is more common in older men, with 85 per cent of cases diagnosed in men over 65 years of age.

About 18,700 Australian men are diagnosed with prostate cancer each year.

Dr Sidhom said men should ensure they seek quality information to make informed decisions.

“Early expert diagnosis and treatment is important and may avert potentially serious health consequences.

“If you have no symptoms and are thinking about having a PSA test, you should ask your GP about the risks and benefits.

“Men tend to put their health to the back of their mind, delaying the issue to another day which is sometimes too late. Yet our health should be our number one priority.

Prostate cancer affects men of all ages – it is never too early or too late to start taking preventative measures,” Dr Sidhom said.