8 September 2015

Host a BBQ for Prostate Cancer Awareness Month

This year, more than 3,000 Australian men will die of prostate cancer. Over 20,000 blokes are diagnosed with prostate cancer every year. It kills more men than breast cancer, yet it has relatively low awareness and funding.

September 1st – 30th is International Prostate Cancer Awareness Month, and Sunshine Coast Hospital and Health Service Radiation Oncologist Dr Marcel Knesl is encouraging all men aged over 50, and those with a family history of prostate cancer to get tested for the disease.

“Men should have a detailed discussion with their G.P. about prostate cancer screening. There are now several ways in which prostate cancer can be diagnosed, through the blood screening test, pelvic MRI and the digital rectum examination,” Dr Knesl said.

Prostate cancer occurs when abnormal cells develop in the prostate. These abnormal cells can continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body.

The risk of prostate cancer increases with age, with 85 per cent of cases diagnosed in men over 65 years of age. Medical professionals say early detection of aggressive prostate cancer is the key to surviving.

“The treatment of prostate cancer is moving ahead in leaps and bounds. It now encompasses robotic surgery, image guided radiotherapy, and new novel hormonal manipulation. Effective chemotherapy is being used in the more advanced phases of prostate cancer,” Dr Knesl said.

The Prostate Cancer Foundation of Australia is urging locals to get behind the cause, and host a BBQ to help fight prostate cancer. Now in its fifth year, the Big Aussie Barbie is a chance for you to do something positive for men’s health - by doing what Australians do best!

Last year, over 850 barbeques were held across the nation, raising more than $1 million for prostate cancer research, awareness and support programs.

To register to host a Big Aussie Barbie visit www.bigaussiebarbie.com.au

ENDS

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