

~~BROAD SHEET~~ BLOKE

We blokes are a funny lot - when it comes to our health we just don't want to know! We'll take to our bed at the hint of a sniffle - but when it comes to anything more personal than an inspection of our tonsils - we run a mile. Mention a prostate examination - forget the running shoes, we take the car!



* We realise that by talking about prostate cancer we risk raising your anxiety levels and perhaps your mind is even switching off about now - but stay with us, the news is not all bad!

Prostate problems are very common, especially if you are over 50, and most of the time they have nothing to do with cancer. If you are one of those blokes who doesn't know a lot about the prostate - it's a gland, normally about the size of a walnut that sits beneath the bladder, at the back of the penis. It has a hole through the middle which the tube carrying urine passes through. As we grow older the prostate tends to get bigger, putting pressure on the tube and this is where you get prostate problems - things like having to get up in the night, sudden urges to go and straining.

Sound familiar? Probably nothing to worry about as in about 90% of cases the symptoms will be caused by prostate enlargement which is a normal part of aging. But, having said that, it's always good to check things out with the Doc, especially if you are worried, find the symptoms really troublesome or have pain.

We believe it's vital you have good information about prostate problems and prostate cancer. **Check out the Cancer Society's website (www.cancernz.org.nz) or our Cancer Helpline: 0800 Cancer (0800 226 237).**

And check in with your doctor to talk about your prostate and any other health concerns you have. And let's stop the rugged, self-reliant - 'let's not talk about our health' nonsense - it's time to change the culture.



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