

Elouera Home Support Insights

## **Prostate Cancer Awareness Month: A Time to Prioritise Men's Health**

Join Elouera Home Support in raising awareness for Prostate Cancer this September. Early detection can save lives.



September is Prostate Cancer Awareness Month, a vital time to raise awareness about one of the most common cancers affecting men in Australia. Prostate cancer poses a significant health challenge, particularly for men over 60. Research indicates that by the age of 85, one in six men will have been diagnosed with prostate cancer. This month offers an opportunity to encourage men to discuss their health openly and to take proactive steps towards early detection and management of prostate cancer.

## Prostate Cancer Awareness: Early Detection is Key

### Understanding Prostate Cancer

Prostate cancer occurs when abnormal cells develop in the prostate gland, a small gland located just below the bladder in men. These abnormal cells can grow uncontrollably and may spread to other parts of the body, leading to various stages of cancer. The early stages, known as localised prostate cancer, are confined to the prostate gland. As the disease progresses, it may spread to nearby tissues and lymph nodes, becoming locally advanced, or even to distant parts of the body, known as metastatic prostate cancer. This progression underscores the importance of early detection, as identifying prostate cancer in its early stages greatly increases the chances of effective treatment and reduces the risk of the cancer spreading to other parts of the body.

---

### Symptoms and Detection

Prostate cancer often progresses silently, particularly in its early stages, with many men experiencing no noticeable symptoms. However, when symptoms do arise, they may include:

- Frequent or sudden urges to urinate
- Difficulty starting or stopping urination
- Discomfort or pain during urination
- Blood in urine or semen
- Pain in the lower back, hips, or upper thighs
- Unexplained weight loss

It is essential to note that these symptoms can also be associated with other non-cancerous prostate conditions, such as benign prostatic hyperplasia (BPH). Therefore, men experiencing these symptoms should consult a healthcare professional to determine the underlying cause.

---

### The Importance of Early Detection

Prostate cancer is the most commonly diagnosed cancer among Australian men, with over 25,000 new cases each year. The risk of developing prostate cancer increases with age, particularly for those with a family history of the disease or genetic predispositions such as BRCA1 or BRCA2 gene mutations.

Despite the high incidence rate, the outlook for prostate cancer is generally positive, especially when detected early. Approximately 90% of prostate cancers are diagnosed at an early stage when treatment is most effective. Furthermore, 95% of men with localised prostate cancer will survive at least five years after diagnosis, with many living much longer.

---

### **Understanding Prostate Cancer**

Treatment for prostate cancer varies depending on the stage and aggressiveness of the disease. Options may include active surveillance, surgery, radiation therapy, hormone therapy, or chemotherapy. In some cases, particularly for slow-growing cancers, active surveillance may be recommended, allowing patients to avoid or delay more invasive treatments.

For those diagnosed with prostate cancer, especially veterans holding a White Card, funded cancer treatment may be available through Non-Liability Health Care (NLHC). This can include a range of services from GP and specialist care to advanced treatment options such as chemotherapy and surgery.

---

### **Take Action This September**

Prostate Cancer Awareness Month is a timely reminder for men, particularly those over 50, to discuss prostate health with their doctors. While there is no

single test for prostate cancer, healthcare professionals can provide guidance on the most appropriate tests based on individual risk factors and symptoms.

For more information on prostate cancer and treatment options, visit the Prostate Cancer Foundation of Australia. Together, we can make a difference in the fight against prostate cancer.

---

### **Empowering Men's Health: Comprehensive Care and Support for Prostate Cancer Awareness**

At Elouera Home Support, we are committed to promoting the health and well-being of all individuals in our care. We encourage everyone to take advantage of the resources and support available during this important month. If you or someone you know is experiencing symptoms or is concerned about prostate cancer, please seek medical advice promptly. Early detection saves lives.

[At Elouera Home Support](#), we believe in the importance of comprehensive home care and support for all individuals. Whether it's regular [welfare checks](#), [in-home nursing](#), or [assistance with daily activities](#), our services are designed to support your health and well-being at every stage. Please don't hesitate to reach out for more information or assistance.

## References:

Cancer Council Australia. "Prostate Cancer Statistics." Available at: <https://www.cancercouncil.com.au/prostate-cancer/statistics/>

Prostate Cancer Foundation of Australia. "Understanding Prostate Cancer." Available at: <https://www.pcfa.org.au/>

Australian Institute of Health and Welfare (AIHW). "Prostate Cancer in Australia." Available at: <https://www.aihw.gov.au/reports/cancer/prostate-cancer-in-australia/contents/summary>

Cancer Council Australia. "Prostate Cancer Statistics." Available at: <https://www.cancercouncil.com.au/prostate-cancer/statistics/>

Australian Institute of Health and Welfare (AIHW). "Prostate Cancer in Australia." Available at: <https://www.aihw.gov.au/reports/cancer/prostate-cancer-in-australia/contents/summary>

Prostate Cancer Foundation of Australia. "Understanding Prostate Cancer." Available at: <https://www.pcfa.org.au/>

Prostate Cancer Foundation of Australia. "Treatment Options for Prostate Cancer." Available at: <https://www.pcfa.org.au/treatment-options/>

Department of Veterans' Affairs. "Free Treatment for Cancer and Pulmonary Tuberculosis." Available at: <https://www.dva.gov.au/health-and-treatment/health-services/free-treatment-cancer-and-pulmonary-tuberculosis>

Prostate Cancer Foundation of Australia. "Understanding Prostate Cancer." Available at: <https://www.pcfa.org.au/>

Designed by Elouera Home Support Copyright © 2024  
Elouera Home Support. All rights reserved.