

# SOME USEFUL FACTS & FIGURES:

- Prostate Cancer is **not** an old man's disease. It can start to grow in men in their 30's and 40's and a simple blood test called PSA, can lead to an early diagnosis of Prostate Cancer while it is still curable.
- Early Prostate Cancer does not cause symptoms.
- A 50 year old man has a 1 in 8 chance of developing Prostate Cancer at some stage in his remaining life. (Men with a family history have a risk of at least 3 times greater.)
- The incidence and mortality rates for Prostate Cancer for men equals those for Breast Cancer for women.
- Approximately 10% of men with Prostate Cancer have a family history of the condition.
- The Hunter Region Prostate Cancer statistics are unfavourable, with the death rate in this area being 25%-40% higher than Sydney. (It is believed that this is due to men in the Hunter Region not having regular PSA blood tests.)
- Good news! Early Prostate Cancer sometimes requires treatment, but in many cases, it grows so slowly that it would be unlikely to cause harm for 40-50 years! It is estimated that a third of men with new diagnosis of early Prostate Cancer will never require treatment.

Early Prostate Cancer is usually cured by treatments that are commonly available.

- The diagnosis of Prostate Cancer does not necessarily cause impotence.
- The accuracy of PSA testing as a tool for detecting Prostate Cancer is very similar to the accuracy of mammography as a tool for detecting Breast Cancer.

# What is the Prostate Survival Alliance?

The Prostate Survivor Alliance is a group of people, comprising of several very prominent local Hunter citizens, most of whom have had some personal experience with Prostate Cancer.

Chairman of the Alliance is former Newcastle Police Chief, Ron Bender, with Medical Advisors being Prof Jim Denham and Prof John Forbes. Former radio and TV commentator and politician, John Tingle is also involved in the Alliance.

The Alliance aims to encourage more men to have a simple blood test called PSA enabling an early diagnosis of Prostate Cancer.

Prostate Cancer diagnosis can be made early and therefore increase the likelihood of a full cure.



103 Tudor Street  
Hamilton, NSW 2303

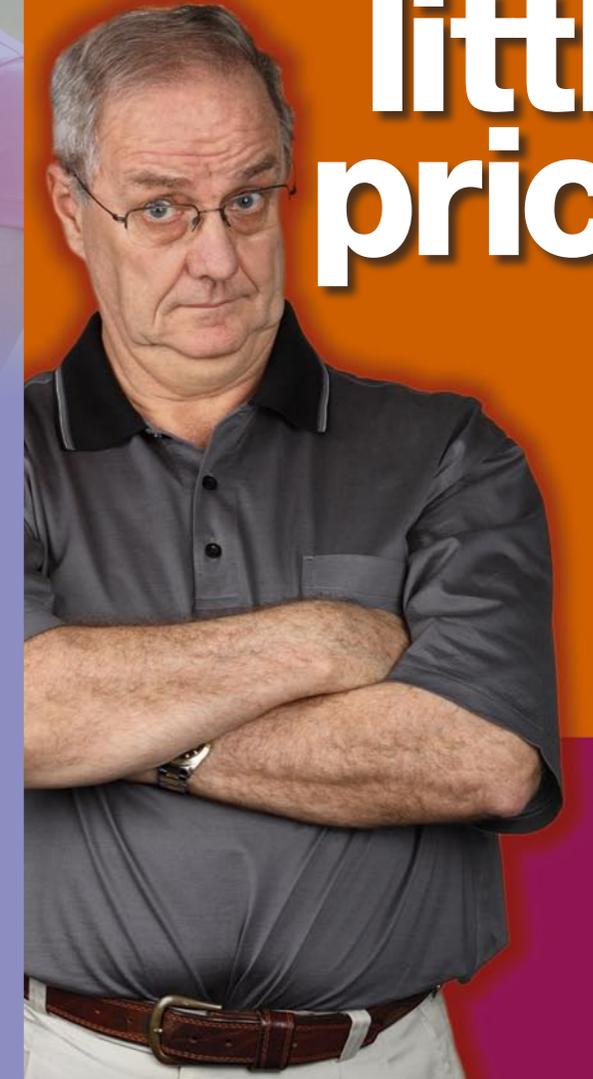
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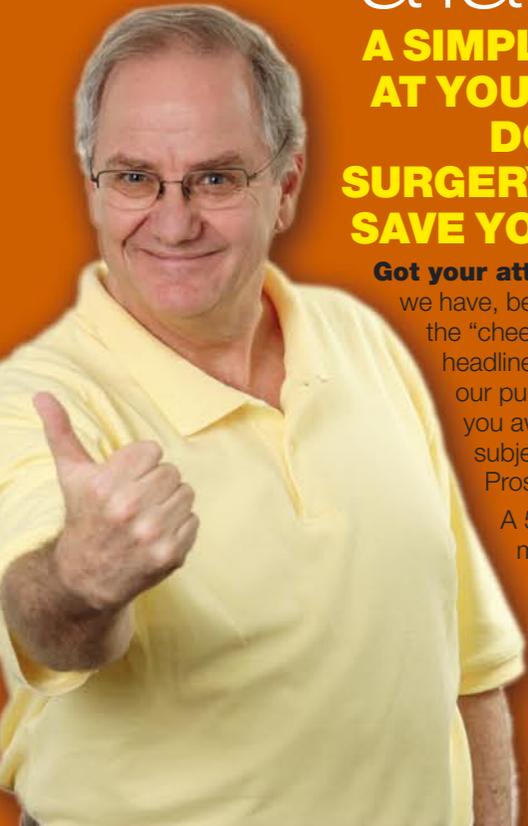


'My wife made me get a little prick'



If you're over 50, do yourself (and your family)

a favour  
**A SIMPLE PRICK AT YOUR LOCAL DOCTOR'S SURGERY COULD SAVE YOUR LIFE!**



**Got your attention?** Hope we have, because despite the "cheekiness" of our headline in this brochure, our purpose is to make you aware of a serious subject, namely Prostate Cancer.

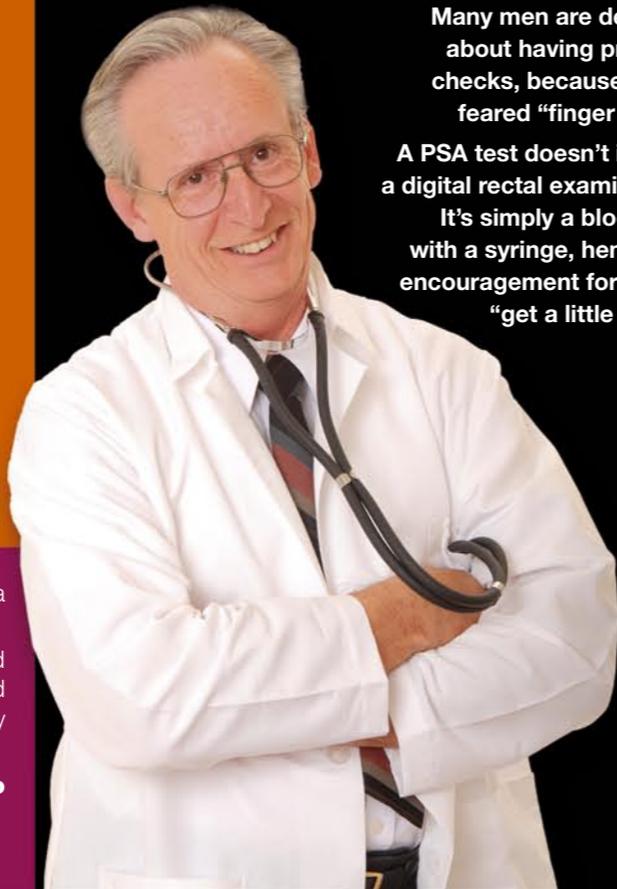
A 50 year old man has a 1 in 8 chance of developing Prostate Cancer at some stage in his remaining life.

This number is very similar to the number of women who die as a result of Breast Cancer each year.

However, the good news is that if Prostate Cancer is detected "early" the cure rate is very high. This is the reason you should make an appointment for a blood test at your local doctor's surgery next week.

**All you need to do is have "a PSA test" that takes no more than just 5 minutes.**

It's a simple 5-minute procedure at your local doctor's surgery.



Many men are deterred about having prostate checks, because of the feared "finger tests".

A PSA test doesn't involve a digital rectal examination. It's simply a blood test with a syringe, hence our encouragement for you to "get a little prick".

## HERE'S SOME COMMON QUESTIONS AND ANSWERS:

**Q. What if I have a family history of Prostate Cancer?**

**A.** If you do, then your risk of developing Prostate Cancer is more than 3 times the average lifetime risk. For a man of 50, the average lifetime risk is 1 in 8. So if your father or brother has experienced Prostate Cancer, go and get a PSA blood test done now, as early diagnosis and treatment can mean cure, often without the unpleasant side effects that many men fear.

**Q. What if I have no symptoms?**

**A.** This doesn't matter. Prostate Cancer doesn't cause symptoms before it has reached an advanced stage – this could be 20 years or more after it has started to grow.

**Q. But doesn't Prostate Cancer only happen in old men?**

**A.** Although Prostate Cancer is usually diagnosed in men in their late 60's and 70's, it often starts to grow when a man is in his 40's or 50's. This means that there is a very good opportunity to detect and deal with it much earlier. (And therefore increase the chances of a cure.)

**Q. Do I have to have one of those "finger tests"?**

**A.** No. You simply need to have a PSA test, which is a simple blood test at your local doctor's surgery.

If your PSA level is abnormal or if your doctor wants to check for the presence of another common cancer (Rectal Cancer) it would then be suggested that you have a digital rectal examination.

**Q. How often should I have a simple blood test?**

**A.** Men over 50, without any family history of Prostate Cancer, should have their PSA levels estimated every 2-3 years. If their PSA levels are more than 2.5, they should consider having their levels estimated annually.

The whole idea is to ensure that should you ever suffer from Prostate Cancer, you get your diagnosis early, so that your chances of a cure are high.



**Commander Ron Bender (ret)**  
*(Former Chief of Police, Newcastle)*

### "Early diagnosis saved my life"

"Both my grandfather and an uncle on dad's side of the family died from Prostate Cancer, my grandfather was 89 but my uncle was only in his early 60's. I had 'No Symptoms' but armed with the knowledge that Prostate Cancer was in the family and being lucky enough to have interested and caring doctors, I was advised to have PSA tests and have been having them annually since I was 50. My PSA was simply monitored until it peaked when I was 59. This led to a biopsy which detected a high grade Prostate Cancer. The good news was 'it hadn't spread outside the prostate' and was able to be completely removed, thus I was given the "all clear".

I cannot stress enough to any man over 50, the peace of mind that comes from getting a PSA blood test. Let's face it, even if the news is bad, at least you know about it early and can therefore take the appropriate measures to increase your chances of a cure.

I must say in hindsight that getting a little prick was one of the greatest things that ever happened to me.

**Commander Ron Bender (ret)**  
*(Former Chief of Police, Newcastle)*



**John Tingle**  
*(Radio and TV Commentator)*

### "A little prick saved my life"

"I'm able to write this, now, only because I had that little prick. That simple blood test showed a sudden leap in my prostate specific antigen reading, taking it to a high and critical level, in a space of just six months and suggesting a very aggressive cancer. A biopsy confirmed that, and I underwent two months of external beam therapy to try to knock the cancer out. Eighteen months later, my PSA reading is down below 1; - 0.5 to be exact.

I had no symptoms, but my father and grandfather died of Prostate Cancer, and two of my father's brothers had it, so I was having six-monthly PSA blood tests by the time I was seventy - and that's what sounded the danger signal. Given the rate at which the cancer was developing, if I hadn't had that test, I wouldn't be here.

**The little prick - the PSA test - saved my life."**

**John Tingle**  
*(Radio and TV Commentator)*



**PSA**  
Prostate Survival Alliance