

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## September is Prostate Cancer Awareness Month

This month marks Prostate Cancer Awareness Month. The annual event is an opportunity to educate North Americans about the importance of prostate health and to provide information about prostate cancer.

Prostate cancer is the most common cancer facing men in Canada. One in seven Canadian men will be diagnosed with prostate cancer in their lifetime. Every year, about 21,000 Canadian men are diagnosed.

Any man can develop prostate cancer but you may be at a higher risk if you have a family history of it, or if you are black, overweight or over the age of 50.

Common prostate cancer symptoms include:

- Urination problems
- An urgent need to urinate
- Frequent urination, especially during the night
- A burning sensation or pain when urinating
- Being unable to urinate, or having problems starting or stopping urine flow
- Blood in urine or semen.

If you have any of these symptoms, tell your doctor or call 811.

The prostate is a small gland that is part of the male reproductive system. Normally about the size of a walnut, it is located just below the bladder.

If you have been diagnosed with prostate cancer, you can find more information, including biopsy, treatment options and support groups, online at [prostatecancer.ca](http://prostatecancer.ca).