

Weekend Your Health

Free prostate cancer seminar Sept. 20

The public is invited to attend a free seminar, Living with Prostate Cancer, part of Halton Healthcare Services' Living Healthy series, on Wednesday, Sept. 20.

Dr. Richard Casey, urologist at Halton Healthcare Services and Director of the Fe/Male Health Centre, will speak about prevention, early detection, treatment options, and side effects. Prostate cancer survivors will speak about their personal experiences. The presentations will be followed by a question and answer period.

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may be a factor. You can help prevent cancer by not smoking; eating low fat, high fibre foods; maintaining a healthy body weight; limiting alcohol intake; protecting yourself from the sun; seeing your doctor and dentist regularly for checkups; and being aware of changes in your normal state of health.

Individuals with prostate cancer and their families, and anyone interested in the prevention and early detection this type of cancer, are encouraged to attend this seminar. The event will be held at the Oakville-Trafalgar Memorial Hospital starting with displays and refreshments from 6:30 p.m. and the seminar commencing at 7 p.m. The hospital is located at 327 Reynolds St.

To reserve a seat call 905-338-4379 or elittle@haltonhealthcare.on.ca.

If you are unable to attend the event and would like more information on this topic, speak to your physician and contact the Cancer Information Service at 1-888-939-3333 or www.cancer.ca.

This event has been organized by Halton Healthcare Services (Oakville-Trafalgar Memorial Hospital site), in partnership with the Fe/Male Health Centre, the Canadian Cancer Society (Oakville Unit), and Wellspring. The event was made possible through an educational grant from Abbott Laboratories Limited, Astra Zeneca and Sanofi-Aventis Pharma.

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AT DORVAL DRIVE

All men over the age of 50 years should discuss with their doctor the potential benefits and risks of early detection of prostate cancer using Prostate Specific Antigen (PSA) and digital rectal examinations (DRE) so that they can make informed decisions about the use of these tests. Men at higher risk because of family history or those of African ancestry should discuss the need for testing at an earlier age. Many times growths on the prostate gland can be found before you develop any symptoms. If the growth is cancer, treatment can begin before the cancer cells have a chance to spread to other parts of the body.

The cause of prostate cancer is not known, although diet

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