



AS PROSTATE CANCER AWARENESS MONTH AND FATHER'S DAY FAST APPROACH, MOVEMBER'S FIGHTING FOR THE SILVER MO, THE ONE ALL MEN SHOULD GET TO GROW

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This September, Father's Day and Prostate Cancer Awareness Month collide. With one in six Aussie men diagnosed with prostate cancer in their lifetime¹, men's health charity, Movember is calling on dads across the country to put their health first and book in with their GP for a prostate check-up.

Movember's Director of Cancer Survivorship, Dr. Amanda Pomery says education and open discussion around prostate cancer is needed to stop our men from dying too young.

"It's important that men have conversations about their health that include prostate cancer. As the most commonly diagnosed cancer in men², it's critical that men understand their family history and risk factors associated with the disease.

Prostate Cancer Awareness Month and Father's Day are a timely reminder for men to take action by having a conversation with their GP around regular prostate health checks."

In 2019 alone, 3,611 men died from prostate cancer in Australia, that's more than 69 men per week³. In 2020, 70,386 men, diagnosed within the last five years, are estimated to be living with, or beyond, prostate cancer in Australia⁴.

As Australians continue to grapple with disruptions due to the COVID-19 pandemic, prioritising regular health checks is still as important as ever, and Dr. Pomery adds, "Prostate cancer doesn't stop impacting the lives of men and their loved ones during the COVID-19 pandemic. So, it's vital that men continue to access support from their health care professionals, maintain follow up appointments and engage in lifestyle plans specific to their condition."

Not everyone experiences symptoms of prostate cancer. Often, signs of prostate cancer are first detected by a doctor during a routine check-up. Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. If you're 50, you should be talking to your doctor about PSA testing*. If you're of African or Caribbean descent, you need to start that conversation at 45. And if you have a brother or father with prostate cancer in their history, do it at 45. Early detection could be lifesaving.

Fighting for the Silver Mo by taking action to tackle prostate cancer head on, Movember has funded global prostate cancer program, Movember's [True North](#). Our mission is to transform the way men make informed decisions, receive care, manage symptoms and share lived experiences by providing support and guidance through every stage of the prostate cancer journey.

¹ Australian Institute of Health and Welfare. 2021. *Cancer data in Australia, Cancer risk data visualisation - Australian Institute of Health and Welfare*. [online] Available at: <<https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/cancer-risk-data-visualisation>> [Accessed 25 August 2021].

² Australian Institute of Health and Welfare. 2021. *Cancer data in Australia, Cancer rankings data visualisation - Australian Institute of Health and Welfare*. [online] Available at: <<https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/cancer-rankings-data-visualisation>> [Accessed 25 August 2021].

³ Australian Bureau of Statistics. 2021. *Causes of Death, Australia, 2019*. [online] Available at: <<https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/latest-release#data-download>> [Accessed 16 August 2021].

⁴ Gco.iarc.fr. 2021. *Cancer today*. [online] Available at: <https://gco.iarc.fr/today/online-analysis-table?v=2020%26mode=population%26mode_population=countries%26population=900%26populations=900%26key=asr%26sex=1%26cancer=27%26type=0%26statistic=5%26prevalence=0%26population_group=5%26ages_group%5B%5D=0%26ages_group%5B%5D=17%26group_cancer=1%26include_nmsc=1%26include_nmsc_other=34> [Accessed 16 August 2021].



True North provides online tools, education and resources that tackle life changes associated with prostate cancer, so men feel more empowered to manage them.

But there's still more to be done and increasing awareness around early detection has a long way to go. Funds raised by Movember help to support critical prostate cancer research and programs, such as True North.

To help fight for the Silver Mo, [sign up](#) to Grow this Movember.

To learn more about prostate cancer visit movember.com/mens-health/prostate-cancer or go to truenorth.movember.com for more on Movember's True North program.

**A PSA test is a simple routine blood test. It's used to determine the measurement of Prostate Specific Antigen (PSA) concentration in the blood, it is the primary method of testing for prostate cancer.*

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To arrange an interview with a Movember spokesperson, or for further information please contact:

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About Movember

Movember is the leading charity changing the face of men's health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity's vision is to have an everlasting impact on the face of men's health. To donate or learn more, please visit movember.com.