

More than 600 kiwi men will die this year from prostate cancer

Mates, fathers, sons, brothers, grandfathers – if you haven't been directly affected by prostate cancer, you're bound to know someone who has. We're very proud of what we collectively accomplish during Blue September and we couldn't do it without you. For more information on events and how to be involved go to blueseptember.org.nz/

What do you know about prostate cancer? Are you at risk? Should you get a check-up?

Risk factors for prostate cancer

Prostate cancer mainly affects men over 50 and your risk increases with age. If you are under 50, your risk of getting prostate cancer is very low, unless your father or a brother has had prostate cancer. If you are aged between 40 and 50 and your father or a brother has had prostate cancer then you should talk about having a check with your doctor.

You are more than twice as likely to get prostate cancer if your father or a brother has had prostate cancer. So, if your father or a brother has had prostate cancer, you should talk with your doctor about having a check.

Prostate cancer symptoms

Many men with prostate cancer have no symptoms and no problems with peeing. Problems with peeing are common as you get older and are mostly due to things other than prostate cancer. Most men who have problems peeing have an enlarged prostate but do not have cancer. However, prostate cancer can cause problems with urinating. If you notice any of these symptoms you should talk to your doctor:

- Dribbling, leaking or trouble stopping the flow of urine
- Blood in pee
- Urgently needing to pee
- Needing to pee a lot, but not much comes out
- Needing to pee a lot, but nothing comes out
- Pee stops and starts, or the stream of urine is weak
- Getting up to pee at night more than once

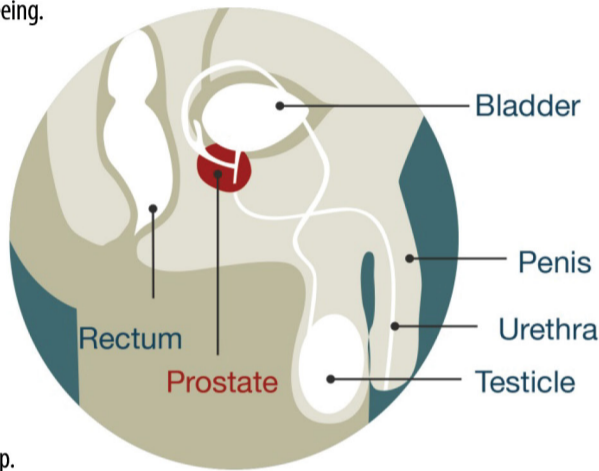
If you have any of these symptoms ring your general practice for a check-up.

For more information check out: kupe.net.nz/en/about-prostate-cancer/more-about-prostate-cancer-and-symptoms

Whanganui Support Group

If you are living with prostate cancer diagnosis and treatment, or supporting someone who is, there is a support network ready to help you navigate your journey. Seeking advice or information, or just someone to listen? We're here to help, please get in touch or join us at the group meeting. During the changing Covid-19 situation in NZ we suggest contacting Brian prior to attending a meeting, should any details have changed.

Support Group Coordinator Brian Deadman **M:** 027 555 0338 **E:** wanganui@prostate.org.nz **Helpline:** 0800 477 678



MEASLES STOPS WITH ME



If you're aged 15-30, you might not be immunised against measles.

**PROTECT
YOUR WHĀNAU
GET A FREE
IMMUNISATION**

Talei Morrison's story Smear your Mea - Cervical Screening Awareness Month

On 26 August 2017, Talei Roimata Morrison, a daughter, sister, mother, grandmother, partner, friend, teacher, kaihaka extraordinaire and founder of the #SmearYourMea campaign was diagnosed with cervical Cancer.

This set in motion a New Zealand wide cervical screening awareness campaign targeting female kaihaka, their families and their communities to have regular smears prior to their kapa haka regional or national competition to prevent the onset of cervical cancer. Talei championed this kaupapa because she had her last smear in 2008 and due to the experience being so distressing she did not return to have one done again until 2017 where she was diagnosed with stage 4 cervical cancer.

Tragically, the cancer spread and on Saturday 16th June 2018, it took her life.

We acknowledge Talei for her courageous efforts in her battle against cervical cancer, for promoting the campaign and establishing the #SmearYourMea Charitable Trust.

The #SmearYourMea Charitable Trust has been established to continue Talei's legacy.



#SmearYourMea

#protectyourwhakapapa

Get your smear at the FREE clinics below or phone your GP for an appointment

Te Waipuna Health

Thursday 10 September
Tuesday 15, 22 and 29 September
5pm – 7pm
No appointment necessary

Outpatients Department

Whanganui Hospital
Every Monday and Thursday during September
5pm – 6pm
No appointment necessary
Any questions phone 021 323 077

Ngati Rangi Community Health Centre

Waimarino Health Centre
Phone Donna on 027 4912 183 for your appointment

Rangitikei Health Centre

Friday 4 September and Friday 2 October
No appointment necessary

Whanganui Regional Health Network

Every Tuesday
9.30am – 5pm
Phone 0800 775 001 for your appointment

