

NATIONAL FAMILY PLANNING BOARD

An Agency of the Ministry Of Health

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CONTRIBUTED ARTICLE : TAKE RESPONSIBILITY, PREVENT OR TREAT.

It has been established that men loathe going for health checks of any form. They will offer every excuse in the hope that one will 'bite'. Quite recently I witnessed the scene play out when three friends had to accompany a male to receive his COVID-19 injection. They literally had to form a fort around him, and cajole him just so as to prevent his escape. To vax or not to vax is a life and death scenario; just as is cancer of the prostate. A lot hangs in the balance for when men take responsibility and implement preventative measures or they seek treatment.

Prostate cancer results from the enlargement of the prostate gland because of a tumour which begins to press on the urethra. Why the gland enlarges has not been established.

Not easily detected in the early stages, men should be wary of a difficulty in passing their urine or their need to urinate frequently, especially at night. Other symptoms may be blood in the urine, or pain when urinating.

Late action can see, bits and pieces of the tumour shedding and form other tumours elsewhere in the body resulting in pain and weight loss. This is the reality of a cancerous tumour.

That said, it pays dividends when males who are over age 45 know their family's history of various medical conditions, get regular prostate tests, reduce their intake of fatty foods and meats and give soy products a try, as well as bulking up on vegetables - especially juicy tomatoes.

Take responsibility, when next at the pharmacy invest in your health and get a supply of multivitamins that have the required doses of selenium and zinc. Take care of your prostate.

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