

## JUNE'22 TOOLBOX TALK – ‘Men’s Health’

**Contributor: Kieran Cullen, John Sisk and Son Ltd.**

*“Certain areas of the body need more looking after than others. One in five men will develop prostate cancer during their lifetime. This cancer is known as the ‘silent killer’ in men.”*

(Kieran Cullen, EHS Lead, John Sisk and Son Ltd.)



### **Contributor’s Shared Advice:**

As we get older, the pressures and pace of life can be hectic, and sometimes we forget to look after our health and wellbeing. We always tend to look after the more visually noticeable or obvious things.

One area of concern regarding men’s health is Prostate Cancer. The workings of the Prostate Gland is something that the majority of men have little understanding of. However, one in five (1:5) men will develop prostate cancer in their lifetime. This cancer is known as the silent killer in men. During the initial stages of development, the cancer may not display symptoms and thus go unnoticed. Unfortunately, when the cancer gets to a more mature stage of development, there may be little that the medical profession can do to treat it. In extreme circumstances, the cancer can prove fatal.

The best, and only way, to check your prostate is to undertake a blood test annually through your GP / family doctor; for those aged over 50, this should be done twice (x2) yearly. This blood test will check the Prostate Specific Antigen (PSA) levels in your blood. Your doctor will send a blood sample to a laboratory for analysis and the results are usually reported as nanograms of PSA per milliliter (ng/mL) of blood.

### **Potential Symptoms:**

- Trouble urinating
- Frequent, or more frequent, urination
- Decreased force during urination
- Difficulty starting, or stopping, urine stream
- Blood in semen
- Pain or discomfort in the pelvic area
- Bone pain.

### **Corrective and Preventative Action (CAPA):**

- Have your bloods checked annually for PSA levels by your doctor
- Early intervention may save your life!

### **For More Information:**

- Talk to your GP (family doctor)
- Visit the webpage of the [Irish Cancer Society](#) or call **1800 200 700**
- Take the [Prostate Health Checker](#)