

NEWS

NHS surgeon urges men not to 'bury their head in the sand' about prostate cancer

Darren Calpin
Local Democracy Reporter

With Father's Day at the weekend, dads, sons, brothers, uncles, grandfathers and grandsons everywhere enjoy some time in the spotlight.

However, this venerated celebration of male role models isn't the only reason for men to be the centre of attention this month.

Men's Health Week, an annual event which runs from June 15 to 21, is a time when the unique health concerns afflicting men are brought front-and-centre.

It raises awareness of the health issues that affect men disproportionately by focusing on preventive measures, early detection, and proactive health management, playing a crucial role in encouraging men to take responsibility for their well-being.

One of the most common

of the unique issues which affect men is prostate cancer, with statistics showing one in eight men will be diagnosed with the disease in their lifetime.

And for men with a family history of the affliction, or males from Afro-Caribbean heritage, that risk increases.

North West Anglia NHS Foundation Trust (NWAFT) surgeon Jyoti Shah and her team are dedicated to raising awareness of what is now – according to Prostate Cancer UK – the most common cancer in the UK.

"Prostate cancer is a silent killer, but it is a cancer that we can cure if we pick it up early enough," Miss Shah said.

"It is the most common cancer in men in the UK, with one in eight being diagnosed at some point in their lives – and for men from an Afro-Caribbean heritage, the risk

is one in four."

Miss Shah believes male pride and stubbornness can often work against men when it comes to dealing with such issues.

"A lot of men like to bury their head in the sand when it comes to their health," she observed.

"But because prostate cancer often doesn't have any symptoms – they won't appreciate the need to go and get checked for a problem that effectively doesn't exist."

"However, because there are no signs, that doesn't mean that it's not there."

Miss Shah urged men to be bolder at being proactive about their health:

"My message to men is to go and get checked."

"There may be a little embarrassment, but the checks are quick, easy and painless."

"Don't put it off or make the excuse of being too busy."



North West Anglia NHS Foundation Trust surgeon Jyoti Shah

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