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Movember To Remember

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November is the month for men's health! Also known as Movember, this month is recognised to bring awareness to men and their health, specifically – prostate cancer. With the focus mainly on prostate cancer, the month is also used to highlight testicular cancer as well as mental health and suicide prevention.

With early detection, the cure rate for prostate cancer is almost 99 percent. That number drops significantly in more aggressive cancers or once spread. If you've missed the health tips on our social media pages all month long, here are a few to catch up on.

Did You Know?

1. Prostate cancer is one of the most asymptomatic cancers in oncology. What does this mean? Not all men experience symptoms and many times these symptoms can be mistaken or attributed to something else. Often, signs of prostate cancer are first detected by a doctor during a routine check-up.

2. Age, family history and race remain the most significant risk factors. However, some studies show there could be a link between lifestyle factors like diet and obesity, and increased rates of prostate cancer. Lifestyle changes help, but it's not a magic cure. The best lifestyle changes men can make to improve their prostate health are ones that improve overall health.

3. While a family history of prostate cancer raises a man's odds of being diagnosed to 1 in 3, the fact remains that 1 out of every 9 men will be diagnosed with prostate cancer in their lifetime. This compares to 1 in 8 women who will be diagnosed with breast cancer. A man whose father or brother had prostate cancer is twice as likely to develop the disease.

4. It is true, younger African American and Afro-Caribbean men are more likely to develop prostate cancer than men of other races.

5. The chance of prostate cancer rises rapidly after age 50. Men who are 65 and older are at a higher risk of being diagnosed with this disease.

6. About half of testicular cancer is found in young men between the ages of 20 and 34. But this type of cancer can also occur in infants and elderly men.

7. Reproductive issues are a major concern for men who have prostate cancer, since the prostate is essential for reproduction by producing prostatic fluid, which nourishes and protects the sperm. The very best way to make sure you can start or expand your family after treatment is to have some sperm frozen ahead of time.

8. One in eight men are diagnosed with a mental health problem annually. Men's mental health matters.

9. Imagine that 1 man dies by suicide every minute, every day across the globe. 60 minutes = 60 men. 1 day=1440 men 365 days=525,600 men

Sources: Movember.com, Cancer.org