



## **Stay Strong, Stay Informed: Prostate Health Matters for Men in Saskatchewan**

*Saskatchewan, September 9, 2024* — This September, the Prostate Cancer Foundation Canada's Saskatchewan support network, together with the Cancer Foundation of Saskatchewan, proudly join forces to recognize Prostate Cancer Awareness Month, with the *campaign "Stay Strong, Stay Informed: Prostate Health Matters for Men in Saskatchewan."* This initiative focuses on educating men about prostate cancer, emphasizing early detection, and providing crucial support to those affected.

Prostate cancer is the most prevalent cancer among Canadian men, with about 1 in 8 men diagnosed in their lifetime. The majority of these cases occur in men over the age of 50. In Saskatchewan, the situation is particularly concerning. According to a recent study\*, the province has one of the highest incidences of prostate cancer in Canada, making awareness and prevention efforts even more critical. (\*2021 study by Andkhoie and Szafron).

Early detection is key. Nearly all prostate cancer cases are treatable when identified early. Saskatchewan men are encouraged to know their risk factors, such as family medical history, and get tested regularly. Prostate cancer screening, including PSA (Prostate-Specific Antigen) tests, are free in Saskatchewan. Early detection can significantly improve treatment outcomes and save lives.

For those living with or beyond prostate cancer, Prostate Cancer Foundation Canada (PCFC) peer support groups in Saskatoon and Regina meet regularly throughout the year, offering a safe space for men and their families to share experiences and gain valuable support. For those outside the two major cities, virtual support groups and other PCFC resources are available to support men and their families on their cancer journey.

"Prostate cancer is a significant health issue for men in Saskatchewan," says James Froh with Prostate Cancer Support Regina. "Our goal this September is to ensure that men are well-informed about prostate health and the resources available to them. By promoting awareness and early detection, we can save lives and improve the quality of life for those affected."

For more information about Prostate Cancer Awareness Month and to access other resources, please visit PCFC's Saskatchewan home page at [www.saskprostate.ca](http://www.saskprostate.ca).

"We invite all Saskatchewan residents to participate in Prostate Cancer Awareness Month activities," says Cancer Foundation of Saskatchewan CEO Nora Yeates. "Light up your home or business in blue, share the campaign messages on social media, and encourage the men in your life to get tested regularly. Together, we can make a difference and ensure that men in our province stay strong and stay informed."

To learn more and hear stories from men and couples living with and beyond prostate cancer, visit [www.cancerfoundationsask.ca/events/prostate-cancer](http://www.cancerfoundationsask.ca/events/prostate-cancer).



To learn more about how the Cancer Foundation of Saskatchewan enhances care for all cancer patients in Saskatchewan, including those with prostate cancer, visit the Foundation's website at [cancerfoundationsask.ca](http://cancerfoundationsask.ca) and consider making a secure, online donation. All money raised stays in Saskatchewan.

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