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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Have a prostate check
or pap smear test this
fortnight.



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This fortnight's healthy topic...

Let us debate the prostate!



The Prostate – An alien species?

Despite 10,000 Australian males being diagnosed with prostate cancer each year, many men want to know about it until it's too late. With many men failing to make GP visits, it's no surprise this condition continues to escape general discussion.

The prostate gland is about the size of a walnut and is located below the bladder. It is responsible for producing a fluid which forms part of the semen. This 'mucous-like' fluid protects the sperm following ejaculation. From 40-45 years of age onwards, the prostate undergoes a normal process of enlargement which may cause obstruction to urine flow.

In most circumstances, feeling the need to frequently urinate and urine dribbling following urination will be indicative of a harmless enlargement. However, more concerning is the fact that these symptoms could be the first sign of prostate disease, which if left untreated, could become fatal.

'Ignoring health problems rarely fixes them.'

So what should you do?

Men aged 50 and older should have a prostate check annually. The following symptoms require an urgent medical assessment:

- Pain, burning or appearance of blood during urination or ejaculation
- Pain or extreme discomfort in thighs, buttocks or along length of penis
- Inability to control urine flowing
- Discharge from the penis

Men with a family member who has suffered from a prostate condition should be checked at an earlier age – **Know your family history!**

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**

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