

PROSTATE CANCER FACTS

Prostate cancer is the most common cancer to affect Canadian men.

During his lifetime, 1 in 7 men will be diagnosed with the disease.

If detected and treated in its earliest stages, the chances of survival are greatly increased.

Those with a family history of the disease or those of African or Caribbean descent are at a greater risk of developing prostate cancer.

Making lifestyle changes, such as eating the right foods and maintaining a healthy weight, may help to prevent prostate cancer.



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EARLY DETECTION & THE PSA TEST

The prostate specific antigen (PSA) test is a simple blood test that can help men and their doctors assess the risk of developing prostate cancer through early detection.

We recommend that men over 40 establish a baseline PSA value and men over 50 consider annual or semi-annual PSA monitoring. PCC advises men and their doctors to take the time to discuss the merits of a PSA blood test followed by a digital rectal examination (DRE) for early detection of prostate cancer.

Take charge of your health.
Support Prostate Cancer Canada.

For more information,
visit prostatecancer.ca

WHAT EVERY MAN SHOULD KNOW



WINDSOR KNOT



- 1 Start with wide end of tie on your right and extending a foot below narrow end.

- 2 Cross wide end over narrow and bring up through loop.



- 3 Bring wide end down, around behind narrow, and up on your right.



- 4 Then put down through loop and around across as shown.



- 5 Turn and pass through loop.



- 6 Complete by slipping down through the knot in front. Tighten and draw up snug to collar.



HALF WINDSOR KNOT



- 1 Start with wide end of tie on your right and extending a foot below narrow end.

- 2 Cross wide end over narrow and turn back underneath.



- 3 Bring up and turn down through loop.



- 4 Pass wide end around front from left to right.



- 5 Then up through loop.



- 6 And down through the knot in front. Tighten carefully and draw up to collar.



4-IN-HAND KNOT



- 1 Start with wide end of tie on your right and extending a foot below narrow end.

- 2 Cross wide end over narrow and turn back underneath.



- 3 Continue around passing wide end across front of narrow once more.



- 4 Pass wide end up through loop.



- 5 Holding front of knot loose with index finger, pass wide end down through loop in front.



- 6 Remove finger and tighten knot carefully. Draw up tight to collar by holding narrow end and sliding knot up snug.

