



Blue September is the Prostate Cancer Foundation's annual awareness and fundraising campaign, now in its 13th year.

- Prostate cancer is the most common cancer in New Zealand men - 1 in 8 men will develop prostate cancer in their lifetime
- About 3,500 NZ men are diagnosed with prostate cancer each year – that is 10 a day!
- More men are diagnosed with prostate cancer than women with breast cancer
- Around 600 men in NZ die from prostate cancer every year – let's get this number down.
- The lockdown for Covid-19 means many men will have had testing, diagnosis and treatment delayed – these men need our support more than ever – MoH figures show 263 fewer men were diagnosed up to April 2020 compared to the same period in 2019
- There are over 5000 men who will have missed their regular check-ups due to the lockdown – they should make an appointment to get checked
- Prostate cancer is more easily treated when diagnosed early. Early detection can save lives
- Men over 50 should get checked annually – men over 40 where there is a family history of prostate cancer
- Getting checked involves having a PSA blood test and a DRE (digital rectal examination)
- By getting involved in Blue September by having a Blue Do you will make a difference to Kiwi men. Funds raised help provide support to men and their families, promote awareness and fund important research into better diagnosis and treatments for Kiwi men.
- Find out more at <https://www.blueseptember.org.nz/>