



**MEDIA RELEASE**

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## **Calais Community Hospital Offers Free Prostate Cancer Screenings – Urges Men to “Man Up” For Their Health**

Prostate cancer is a significant health concern for American men, with about 1 in 8 men diagnosed during their lifetime. To promote early detection, Calais Community Hospital is hosting a free prostate cancer screening with DECH Urologist Dr. Mark Hirschhorn on Wednesday, September 24, from 2:30 p.m. to 5 p.m. at Calais Community Hospital.

### **Why Early Screening Matters**

- Early detection saves lives. While prostate cancer is the second-leading cause of cancer death in American men, the five-year relative survival rate is nearly 100% for cases caught at an early, localized stage.
- High-risk groups should screen earlier. Men at average risk should begin discussing screening with their doctor around age 50. However, men at higher risk, including African American men and those with a family history of prostate cancer, should start this conversation as early as age 45.

### **Event Details**

- What: Free prostate cancer screenings featuring a PSA blood test. A digital rectal exam will also be offered based on individual needs and discussion.
- Who: Men 50 and over are encouraged to attend, as are those with a family history of prostate cancer. Screening for men 70 and older should be based on a discussion with their doctor about the potential risks and benefits.
- What to expect: Attendees will receive a PSA blood test, which measures the level of prostate-specific antigen in the blood.
- Space is limited. A limited number of appointments are available.

### **How to Get Involved**

- Schedule an appointment: Men interested in attending must call Calais Community Hospital at 454-9227 to schedule their free screening.
- Encourage loved ones: The hospital encourages women to get involved by reminding the men in their lives to follow screening recommendations.

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