

Free prostate cancer screenings available Sept. 29

FALLBROOK – The Fallbrook Regional Health District announced that this year's free prostate cancer screening is scheduled for Saturday, Sept. 29, 7 a.m. to 9 p.m. at Fallbrook Family Health Center, 1328 S. Mission Road.

Prostate cancer is the most common cancer among men in the United States after skin cancer. It competes with lung cancer as the leading cause of death among men.

A screening is an indicator that additional medical attention may be warranted; this free screening includes a blood test and an exam.

Dr. Philip Brodak of the Tri-Valley Urology Medical Group is the physician in charge. He and the Fallbrook Regional Health District are again teaming up this year with the Fallbrook Family Health Center to offer a free prostate cancer screening opportunity. The PSA blood study and digital exam are provided at no charge to men who live in Bonsall, De Luz, Fallbrook or Rainbow. It is recommended that men over the age of 50 have a prostate screening on an annual basis. Men who have a family history of prostate cancer should begin to have evaluations at least by age 40.

Results of the exam and blood study are confidentially provided

to each participant. Follow-up on results of the studies is the responsibility of each individual.

Approximately 1,400 free screenings have been provided to individuals over the last 10 years. Brodak contacts all individuals with abnormal findings so that they can contact their physician. Each individual must follow-up with his physician when abnormal results are reported to him. If an individual does not have a physician, they can follow up with Brodak, the Fallbrook Family

Health Center or a professional of their choice.

The district urged all men to consider the screening as it applies to them – either by age or by family history – and to invest their time in their personal health and well-being. Appointments are recommended to assure participation. Call to schedule an appointment in English at (760) 731-9187 and in Spanish at (760) 451-4728.

Submitted by Fallbrook Regional Health District.