

FRHD provides 71 free prostate screenings

FALLBROOK – Fallbrook Regional Health District recently offered free prostate screenings to any man wanting the exam, drawing 71 participants. Of those screenings, 13 percent returned abnormal results requiring subsequent medical analysis.

“Early intervention is key in fighting cancer,” Bobbi Palmer, CEO of Fallbrook Regional Health District, said. “We offer these prostate screenings annually because knowledge is power and making it free might just offer the push folks need.”

The event is made possible by Dr. Philip Brodak, a board-certified urologist who provides the exams on a Saturday each September at no cost. The collaborative effort is made possible by the Fallbrook Regional Health District and the Fallbrook Family Health Center, which hosted the screening event and provided the credentialed staff to facilitate the blood draws.

“Offering free screenings of such a sensitive nature requires caring, dedicated professionals volunteering their expertise,” Palmer said. “We work with the best on this vitally important cause because it’s about saving lives.”

Nursing students with California State University San Marcos assisted Brodak, along

with former Fallbrook Hospital Auxiliary members for logistics and paperwork needs and Youth Advocacy Coalition students from Mental Health Systems who assisted with translation services.

Of the 71 men screened, 31 percent spoke Spanish while the remaining spoke English. Brodak contacted each of the 13 percent, or nine men, with their abnormal exam results, abnormal labs or both. A confidential envelope was mailed to all participants with their results.

“We emphasize that they should provide the results to their regular physicians,” Palmer said. “If anyone shares that they do not have a regular physician, we put them in touch with the folks at Fallbrook Family Health Center who can help them locate a doctor and discuss their insurance particulars.

The Fallbrook Regional Health District is a special district covering affordable community health needs for residents of Bonsall, De Luz, Fallbrook and Rainbow. The roughly \$1.6 million collected in voter-approved taxes supports more than \$1 million annually in full spectrum community health services addressing top health disparities, including behavioral health, cancer, diabetes, heart disease and stroke, as well as



Free prostate exams were provided in late September to 71 area men by Dr. Philip Brodak, a board-certified urologist. The collaborative effort is made possible by the Fallbrook Regional Health District and the Fallbrook Family Health Center, which hosted the screening event and provided the credentialed staff to facilitate the blood draws. Courtesy photo

extended hour urgent care.

If someone received abnormal results from the recent prostate screening or wished to discuss

other health needs, they can call the Fallbrook Family Health Center at (760) 451-4720 or stop by the center at 1328 S. Mission

Road in Fallbrook.

Submitted by Fallbrook Regional Health District.