

MEN'S HEALTH

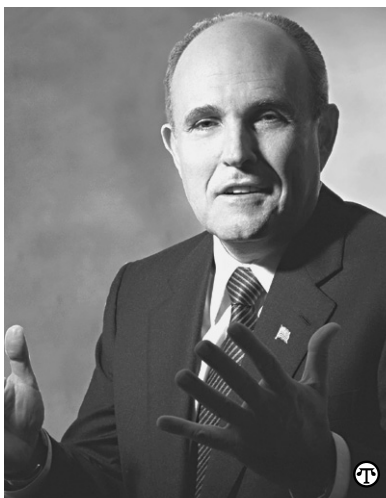
"A 10-Minute Test Could Save Your Life, It Certainly Saved Mine"

(NAPSA)—“Why is it that men will make up any excuse to avoid getting tested for prostate cancer? What are they thinking? That what they don’t know can’t hurt them?” asks Rudolph W. Giuliani, former mayor of New York City and prostate cancer survivor. “The truth is, what they don’t know can hurt them. It can even be fatal.”

According to a recent *U.S. News and World Report* interview, Giuliani learned he had prostate cancer on April 26, 2001. “The doctor came into my office at Gracie Mansion and began giving a description of the biopsy findings, did a drawing of the prostate and showed me exactly where the cancer had been found. My head was swimming. Shortly thereafter, I found myself making a speech and posing for a hundred photos with diplomats just outside the room in which I had learned that a deadly cancer, the same disease that had killed my father at age 73, had been found in me.”

Recently, Giuliani became the honorary chairman of the National Prostate Cancer Coalition (NPCC) to assist their efforts to raise awareness and promote annual doctor visits for prostate screenings. Each year in America, about 190,000 men are diagnosed with prostate cancer. That alarming figure equals enough men to fill Yankee Stadium three and one-half times. About 29,000 of those men die from the disease each year.

According to the NPCC, men have a one in six chance of getting prostate cancer—one in three if their father or brother had it. In fact, some experts say that if men lived long enough, all would eventually experience prostate problems. African-American men have the highest risk and are twice as



Rudolph W. Giuliani, former mayor of New York City talks about being a prostate cancer survivor.

likely to die from prostate cancer as other men.

Giuliani, described as “America’s Mayor” and named *Time* magazine’s “Person of the Year” in 2001 for strengthening the American people’s hopes during the worst disaster on U.S. soil, emphasizes to this day that his most life-altering experience was being diagnosed with prostate cancer.

“If you’re over 40 or in a high-risk group, talk to your doctor and get tested. Don’t put it off with dumb excuses. You see, with prostate cancer, catching it early is everything. Catch it early and your chances of survival may be 90 percent or better. But you have to get tested,” says Giuliani. “It takes 10 minutes. And it could save your life.”

For more information about prostate health or to learn more about National Prostate Cancer Awareness Month, log onto www.pcacoalition.org.