

To the Editor:

Our beloved husbands died of prostate cancer because their cancer was discovered too late.

September was National Prostate Cancer Awareness month. We urge the women in New Hampshire- wives, partners, daughters, mothers and sisters- to encourage the men in their lives to visit their doctors and discuss prostate cancer screening.

Women's involvement is critical in improving the state of men's health. Women typically pay better attention to their health than men and can help men adopt healthier habits. Working women understand the difficulties men face in taking time off to get to doctor's appointments all too well. Women can also relate to the tendency of many men to put their family's health above their own. However, the obstacles men face in admitting health problems to a doctor can be surprising or seem strange from a female perspective.

Prostate cancer is the greatest cancer killer of men over 50 and the second most deadly cancer for men of all ages. More than 130 New Hampshire men will die of this disease in 2009, most because their cancer was diagnosed too late.

Don't allow them to become a statistic. What you can do to help:

Encourage your man to get into the habit of getting regular checkups.

Find health providers who have weekend and evening appointments or have offices close to work.

Find out whether your man is more comfortable seeing a male or female health care provider and make sure he's seeing the one he prefers. If he doesn't have a good relationship with his current health care provider, help him find a new one.

Sincerely,

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Sept. 26, 2009