

Cancer Korero coming

Community hui to help whanau understand cancer and the importance of early detection are coming to Marlborough and Golden Bay.

Cancer causes the most illness and death among Maori and reducing its impact is a top health priority.

Lorraine Staunton from Nelson Marlborough Health Te Waka Hauora Māori health team says the intention of the hui is to increase awareness for Maori about cancer signs and symptoms.

“We also want to stress the importance of early detection, and let whanau know about the cancer pathways and processes available,” she says.

Lorraine says previous hui have given people the courage to take a serious look at their health issues, and which lifestyle choices put them at greater risk.

Hui dates

Golden Bay: Thurs 21 September. 10am-2pm Golden Bay Work Centre Trust, Commercial St, Takaka. Lunch provided.

Marlborough: Thurs 12 October 5.30pm Nativity Church, Alfred street, Blenheim. Light supper provided



It's not too late to get immunised against flu

Although it's been a fairly mild 'flu season' in our region, winter illnesses like influenza usually continue into early spring. While it's best to be protected before winter, it's still worthwhile getting vaccinated now if you haven't already.

The Ministry of Health has extended the annual influenza programme until the end of December.

A free influenza vaccination is available at many pharmacies, as well as general practices, for those aged 65 and over, pregnant women and many people with serious health conditions.

So far more than 1.2 million flu vaccines have been distributed across the country, protecting more than a quarter of our population.

Our tip: Stay active. Exercise boosts your defence system

LET'S *talk* ABOUT... Prostate Cancer

I have worked in healthcare for over 30 years and always thought prostate cancer was an old man's disease. Last year my older brother died from it and I stopped procrastinating and saw my GP.

After a series of simple tests, I too was diagnosed with prostate cancer. Now, after successful surgery, I am so glad I got off the fence and did something about my health. I am cancer free and can continue to enjoy time with my family.

If I hadn't seen my doctor I would've been blissfully unaware, but getting closer to an untimely demise every day.

Do yourself a favour; if you are a man over 40, and especially if there is a family history, speak to your GP about prostate cancer screening. It may just save your life.

Peter Twamley
Clinical Governance Support Manager
Nelson Marlborough Health

Prostate Cancer Helpline
0800 477 678



HOW BLUE WILL YOU DO?

This Blue September, join us in the fight against prostate cancer

