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Location: First Parish Brewster UU



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RAISING AWARENESS FOR PROSTATE CANCER

This past week, I was privileged to lead a presentation on prostate cancer awareness at the beautiful First Parish Brewster Unitarian Universalist. The turnout was fantastic, with 25 attendees, including six gentlemen and 19 ladies, reflecting the shared concern and interest in this critical health topic.

Despite some initial technical difficulties (thank you, Rikki, for saving the day!), the program ran smoothly, and the afternoon turned into a lively and thought-provoking conversation.

SETTING THE STAGE

The evening kicked off with a warm and gracious introduction from Carol Ann. She emphasized the importance of addressing prostate cancer, a health issue that often doesn't receive enough attention. She set the tone beautifully, making everyone feel welcome and ready to engage.

After her introduction, I gave attendees a brief roadmap for what to expect during the next 45 minutes. It was clear from the beginning that the group was eager to dive into the topic, and the energy in the room was palpable.

KEY HIGHLIGHTS FROM THE PRESENTATION

The presentation began with an overview of some key facts about prostate cancer, focusing on detection, diagnosis, and mortality rates. However, what truly sparked engagement and deeper reflection was a comparison between prostate and breast cancer statistics. Some of the topics we explored included:

- The average age of detection for both cancers and how this influences early intervention.
- Differences in diagnosis and mortality rates by gender raised essential questions about societal awareness and priorities in healthcare.

One of the more intense points of discussion revolved around disparities in funding and advocacy between prostate and breast cancer:

- Attendees expressed concern about the lack of mandatory screenings or standardized testing protocols for prostate cancer, especially for men reaching certain ages.

- There was a shared sentiment that systemic gaps in awareness and advocacy are leaving prostate cancer underfunded and under-discussed compared to breast cancer.

A LIVELY AND ENGAGED AUDIENCE

The audience actively participated throughout the presentation, offering thoughtful questions, comments, and insights. It was encouraging to see so many attendees truly invested in understanding the broader implications of the statistics and challenges we discussed.

One of the most memorable aspects of the evening was the constructive dialogue around increasing awareness of prostate cancer and encouraging earlier testing among men. Attendees were curious and motivated to explore ways to take this message into their communities.

GRATITUDE AND CLOSING THOUGHTS

The evening wouldn't have been possible without the contributions of a few key individuals. A special thank you to Rikki for stepping in to resolve the technical hiccups and to Carol Ann for her thoughtful introduction and support.

Most importantly, I want to thank everyone who attended for their enthusiasm, engagement, and willingness to learn. Prostate cancer awareness is a topic that affects us all, directly or indirectly, and it was heartening to see so many people come together to have this conversation.

A CALL TO ACTION

As the presentation came to a close, I left attendees with a simple but critical call to action:

- Keep the conversation going. Share what you've learned with family and friends, and encourage open discussions about prostate cancer and men's health.
- Promote regular health check-ups. Early detection saves lives, and encouraging loved ones to schedule routine screenings is a vital step.

Prostate cancer awareness is a shared responsibility, and together, we can help bridge the gaps in understanding, advocacy, and care.

Thank you to everyone at First Parish Brewster UU for an evening of thoughtful dialogue and community connection. Let's keep the momentum going!