



Make smarter choices this year!
Health and Wellness courses, Spring 2012

NEW Prostate Cancer and Men's Health

Men's Health Initiative of British Columbia (MHIBC): A Vision for a Healthier, Longer Living Man (1 to 1:45 pm): One hundred years ago men and women had equal average lifespans. Over the past century, in countries around the world, including Canada, a consistent pattern has developed: males experience higher mortality rates than females across the spectrum of life, from conception to old age. It is only in the past decade that world governmental and nongovernmental organizations are forming to address the issues of male-specific health. MHIBC is spearheading a men's global health movement, and is a non-profit organization with a vision to "add ten better quality years" to men's lives, especially in middle age. This initiative is reaching out to men of all ages, and looking at attitudes and behaviors through a 'male lens' to advise lifestyle guidelines, treatment, care and prevention services. Join us to discuss how you can be an advocate for men's health.

PSA: Simple Test, Not-So-Simple Solution (1:45 to 2:30 pm): Prostate Cancer is the most common male cancer in Canada and the second leading cause of cancer deaths. Within our country's aging baby boomer population, prostate cancer cases will continue to increase and threaten longevity and quality of life. The Prostate-Specific Antigen (PSA) test has long been used as a diagnostic test for prostate cancer, but there are problems—it simply isn't as accurate a test as men would like. This session will address the controversies and reality of PSA as a screening, diagnostic and prognostic tool, and will consider some new and future options to improve on PSA. A question-and-answer session will follow the presentation, so come with your questions ready!

This course is offered in partnership with the Victoria Prostate Centre.

Instructor: **Dr. Larry Goldenberg, CM, OBC, MD, FRCSC, FACS, FCAHS, DABU**, is a UBC professor and Head of the Department of Urologic Sciences, as well as the Founding Director and Director of Development, Vancouver Prostate Centre. He is a urologic surgeon and clinical scientist with an international reputation for excellence in prostate cancer research and treatment. His current research involves the evaluation of the role of multiparametric MRI in prostate cancer, the potential use of focal therapy, patient education, daVinci robotic prostatectomy and novel treatments for benign prostatic hyperplasia. He has been recognized for his contributions to health care by being inducted into the Order of British Columbia and the Order of Canada. Dr. Goldenberg is also the creator of the Men's Health Initiative of BC, an interdisciplinary academic program unique to Canada with goals to raise awareness and health among Canadian men, and provide resources for health professionals.

Date: **Saturday, March 24**
Time: **1 to 2:30 pm**
Sessions: **1**
Fee: **\$45 plus \$5.40 HST**
Code: **HPHE241 2012S C01**

REGISTER NOW ONLINE:

www.continuingstudies.uvic.ca/health/courses/general
or phone 250-472-4747

PARKING: there is now a flat fee of \$2.25 for parking in all campus lots in the evenings and all day Saturday. Parking remains free on Sunday and official holidays.

Registration note: All registrations must be accompanied by full fees, payable to the **University of Victoria**. No postdated cheques are accepted. **Refund policy:** Registrants who wish to withdraw from these courses must do so at least 48 hours prior to the commencement of the course to receive a refund, less an administration fee of \$25.

Education note: This course is designed to promote awareness about various approaches to wellness and does not imply advocacy.

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