



Prostate Cancer
Centre

THE MAN VAN™

“Know Your Numbers”
Program



The MAN VAN™ Program

For many men, health is not always top of mind and it can be very difficult to fit regular doctor visits into their schedules. That is why the Prostate Cancer Centre launched the first MAN VAN in 2009. The MAN VAN is Canada's only mobile men's health clinic. The program offers



The Calgary MAN VAN is committed to providing PSA blood tests to men throughout Calgary and surrounding areas.

on-the-spot Prostate Specific Antigen (PSA) blood tests, as well as blood pressure, blood glucose and body mass index (BMI) measurements at select "Know Your Numbers" clinics. The MAN VAN goes where men go. Clinics are offered at a variety of locations, such as hardware stores, pubs, sport stadiums, community fairs, rodeos and indigenous communities.

During a typical 3-hour clinic, the MAN VAN tests up to 60 men. A visit usually takes less than ten minutes, there is no appointment necessary and there is seldom a line-up. The friendly staff and volunteers help to create a relaxing atmosphere and the van is equipped with leather seats and a flat screen TV to create an environment where men can relax while taking charge of their health.

The van is operated by a volunteer driver, a volunteer clinic host and up to 4 clinical staff responsible for drawing blood, administering additional measurements and providing take-home materials which help educate the participant on the importance of early prostate cancer detection and their overall health.

In 2012, the MAN VAN program launched a second mobile health unit, dedicated to serving rural Alberta. Since the program's inception, over 35,000 men have visited one of our MAN VANS.



The Prostate Cancer Centre



The MAN VAN is owned and operated by Calgary's Prostate Cancer Centre, we are located in the Southern Alberta Institute of Urology building located at the Rockyview General Hospital. The Centre focuses on the early detection and treatment of prostate cancer and we support excellence in prostate cancer awareness, education, diagnosis, treatment, advocacy and research.

In 2016, there were over 18,000 patient visits by men and their families to access multiple programs and services at our Centre. In addition, over 6,000 men a year visit our MAN VAN program in Calgary and throughout southern Alberta.

The Prostate Cancer Centre does not receive any government funding and relies completely on private contributions, corporate sponsorships and events. Coming together to support men with prostate cancer, companies, individuals, and families play a key role in raising both awareness and funding. The Prostate Cancer Centre offers many programs and services that demonstrate the power of our donors dollars at work and we are always available for you to come up and personally see all the great work that is done here.






Mobile PSA Testing




One in seven men in Alberta will be diagnosed with prostate cancer in their lifetime, but when caught early it is very treatable. A PSA test is a simple blood test that may help in the early detection of prostate cancer. PSA is a protein produced by the prostate gland and released in small amounts to the bloodstream. The Prostate Cancer Centre recommends men should have a baseline PSA test starting at age 40.

When a man visits the MAN VAN, he is greeted by a volunteer prostate cancer survivor who explains the PSA test and its importance. From there, he will visit one of the Prostate Cancer Centre's trained medical professionals who will administer the blood test. Within one week, the participant will receive their PSA results in the mail. If the result is higher than the recommended level, the Prostate Cancer Centre will call the participant to discuss follow-up.

1 in 7
MEN
will be diagnosed with
PROSTATE
CANCER
in their lifetime 

2400
 **men**
will be diagnosed
with 
prostate cancer
ANNUALLY
 **Alberta**

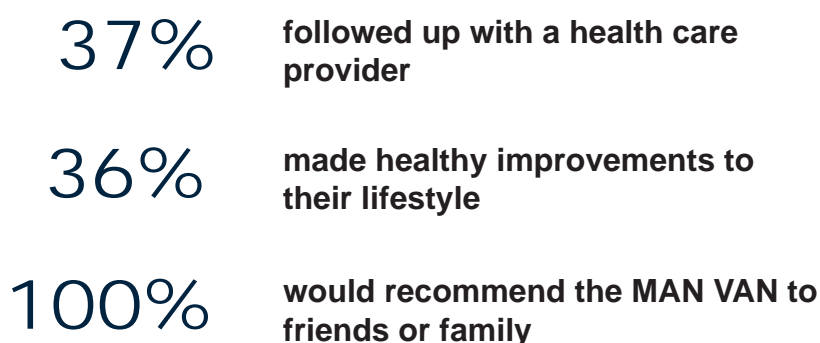
Approx. **8** **men**
 **WILL**
DIE 
from prostate cancer
EVERY WEEK
in Alberta 

“Know Your Numbers” Men’s Health Program

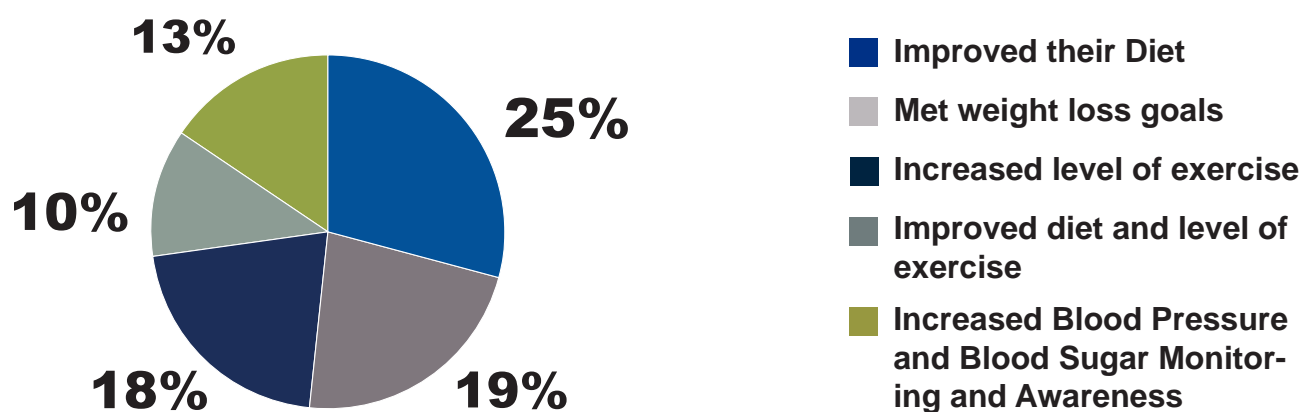
In Canada, the state of men’s health is often called the “silent crisis”. On average men live five years less than women and out of the top 15 causes of death, men lead in 14. Men also are more likely to avoid preventative care, delay treatment, pay less attention to health information and are less likely to have a health care provider.

For many, a trip to the MAN VAN is the first step to becoming more proactive about their health and lifestyle. In 2016, the MAN VAN officially launched the “Know Your Numbers” men’s health initiative at select clinics. This program builds on the success of the MAN VAN by offering body mass index, blood pressure and random blood glucose measurements. These are often good indicators of a man’s health status and are very closely linked to some of the main health issues facing men, such as heart disease, diabetes, cancer and obesity. We offer education and literature about these measurements and then follow up with a phone call six weeks afterwards.

After a visit to a “Know Your Numbers” clinic at the MAN VAN



Positive Changes



“If it wasn’t for the MAN VAN....”



It was a lazy summer day during the Father’s Day weekend. John was enjoying the sunshine, chrome and shiny paint at a local show and shine. Also in attendance was a seemingly out-of-place blue and white RV...the MAN VAN.

John walked by the van several times paying it little mind, all the while enjoying the hot rods and classic cars in the show. Gradually, he wandered back towards it and was approached by a friendly fellow in a blue golf shirt who asked “Welcome to the Man Van. Have you had your PSA checked?”

John knew that regular doctor visits should include PSA checks but was unsure if it had been done or what his level was. He decided to take the 10 minutes the testing required and find out.

“If it wasn’t for the Man Van, I might not be here today. This is what a prostate cancer survivor looks like.”

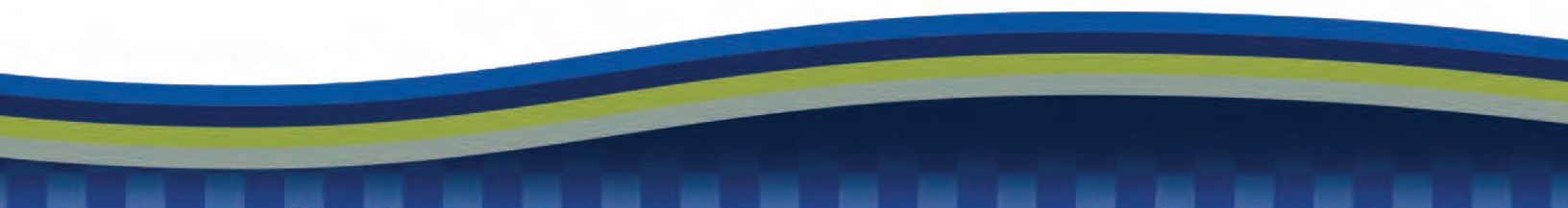
A couple of days passed and John received a call from the Prostate Cancer Centre: “Your PSA levels are elevated and we suggest a follow up with your family doctor”. Not thinking anything serious, John took their advice and contacted his doctor to schedule another blood test. This test revealed another elevated PSA reading and another test was suggested. The third test was a biopsy and this was the real eye-opener for John. This test changed his life.

“Think about the toughest words you’ll hear in your life. In my case it was - You have prostate cancer.”

After the shock of the diagnosis subsided, John was able to schedule an appointment with his urologist at the PCC to discuss treatment options. Radical surgery made the best sense to John and he had this successfully performed at the Rockyview General Hospital. Two years after his initial visit to the Man Van, John is enjoying retirement and living his life to the fullest. He is volunteering at the Prostate Cancer Centre, sharing his journey with prostate cancer with other men going through the same struggle with the same diagnosis.

John’s story is not uncommon. One in seven men in Alberta will be diagnosed with prostate cancer in their lifetime. It is very treatable if caught early. All men over 40 are encouraged to visit the Man Van or speak to the family doctor about PSA testing.


“You owe it to yourself to get checked.”



Since the MAN VAN's inception in 2009

35,000 
Men tested since 2009.

Hosted over **1000** clinics. 

 **50%**
Of Men tested have had no previous
PSA test.



Over **100,000** km
travelled since the van first
hit the road.

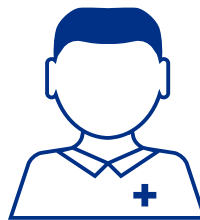
The MAN VAN is powered by

 **47** volunteers

955 volunteer hours in 2016.



 **30** health care professionals.



Sponsor a MAN VAN Clinic

1 in 7 men in Alberta will be diagnosed with prostate cancer in their lifetime, however when caught early the disease is very treatable. Sponsoring the MAN VAN is one way that your company can partner with this important initiative and align your organization's support in an extremely impactful way.

As a Man Van clinic sponsor you will receive:

- 3 hour Man Van clinic fully staffed with two health care professionals and two Prostate Cancer Centre volunteer hosts
- PSA (Prostate Specific Antigen) testing for up to 60 men (age 40 and older)
- Name recognition on Prostate Cancer Centre's website and MAN VAN sponsor board at the Prostate Cancer Centre
- Social media recognition
- Permission to use Prostate Cancer Centre logo in advertising
- Satisfaction knowing you are helping men by raising awareness about the importance of early prostate cancer detection

Calgary MAN VAN Sponsorship Cost: \$1,500

Rural MAN VAN Sponsorship Cost: \$3,000

Men's Health Add On

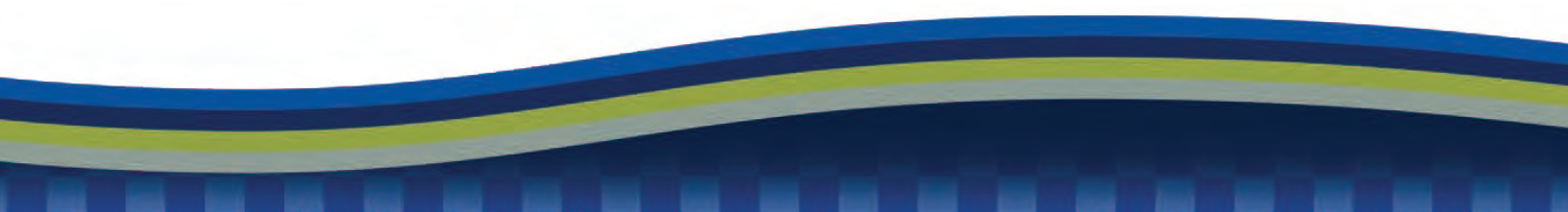
The Prostate Cancer Centre's Men's Health Initiative, expands on mobile PSA testing by offering additional health measurements through the Man Van Program. These include: Height and Weight, Body Mass Index (BMI), Blood Pressure and Blood Glucose. In Alberta, 47% of men are considered obese, 48% have high blood pressure and 4% have high blood sugar. Providing a man with the measurements for B.M.I., B/P and Blood Sugar could prevent future health problems and result in a happier man and a healthier workplace.

With the Men's Health Add-On you will receive:

- 3 hour men's health clinic fully staffed with two health care professionals
- Blood glucose, blood pressure, BMI measurements for up to 60 men (age 18 and older)
- 6 week follow-up phone call with each participant to review results and discuss if any action has been taken based on the information provided (i.e. doctor visit, increased exercise)

Calgary MAN VAN Men's Health Add-On: \$500

Rural MAN VAN Men's Health Add-On: \$1000



Calgary's Prostate Cancer Centre is a non-profit organization established in 1999 that focuses on the early detection and treatment of prostate cancer. We support excellence in prostate cancer awareness, education, diagnosis, treatment, advocacy and research. Annually there are over 18,000 patient visits by men and their families to access multiple programs and services at our Centre.

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