

## Where to find the MAN VAN

You can find it everywhere men go, including hardware stores, car shows, pubs, sport stadiums and community fairs.



To find out when a **MAN VAN** clinic will be near you visit [getchecked.ca](http://getchecked.ca).

## For more information:

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[getchecked.ca](http://getchecked.ca)

# The MAN VAN



## What is the **MAN VAN**?

The **MAN VAN**, operated by Calgary's Prostate Cancer Centre, is Canada's only mobile men's health clinic. The Van travels throughout Calgary and rural Alberta educating men on the importance of early prostate cancer awareness and their overall health.

## What does it do?

The Van provides on-the-spot Prostate Specific Antigen (PSA) blood tests to men as well as blood pressure, blood sugar, and waist circumference measurements at select "**Know Your Numbers**" clinics.

## Who can visit the **MAN VAN**?

Men aged 40-80 who are not currently being seen by a doctor for any prostate problems are eligible for a baseline PSA blood test.

Any man over the age of 18 may receive blood pressure, blood sugar, and waist circumference measurements.

## What can I expect when I visit the **MAN VAN**?

- When a man visits the **MAN VAN**, he is greeted by a host, often a prostate cancer survivor, who explains the PSA test and its importance. From there, he will visit one of our medical professionals who will draw ½ a teaspoon of blood from his vein. After the clinic, he will receive the PSA results in the mail. If the result is higher than the recommended level, the Prostate Cancer Centre will call to discuss follow-up.
- After the PSA test, the man may have the option to receive additional health measurements at select "**Know Your Number**" clinics. These results are provided immediately.
- There is no health care needed to visit the **MAN VAN**. It is a free service for men, funded entirely through private donations and corporate sponsorships. A visit to the **MAN VAN** takes about 10 minutes and there is no appointment necessary.

## Why is it Important?

One in six 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 early detection. The Prostate Cancer Centre recommends men should have a baseline PSA test starting at age 40.

Health measurements such as blood pressure, blood sugar, and waist circumference 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.

