



# ARCHDIOCESE OF IBADAN CATHOLIC MEN ORGANISATION (AICMO)

## AICMO CORNER

### DEALING WITH PROSTATE CANCER

**P**rostate Cancer is a condition which usually affects men, mostly those from 50 years and above.

For descriptive purposes, the prostate is a small walnut-sized gland that produces seminal fluid which nourishes and transports sperm. The gland is situated at the base of the bladder, with the urethra, which is part of the male reproductive system, running in-between it.

Cancer on the other hand, in a simple term, can be said to be abnormal production of cells, leading to the destruction of tissues in the affected body parts.

#### CAUSES OF PROSTATE CANCER

The actual cause of prostate cancer or its enlargement has remained unknown even though a number of factors can trigger the condition. One of such factors is age, with the risk increasing as one grows older. Most cases are diagnosed in men over 50 years.

According to research, prostate cancer is more common in black men than other races. One in six Black men will develop prostate cancer in his lifetime—compared to one in eight men overall. Some schools of thought have linked the condition to dietary intake while hormones and genetic factors could also be considered.

Some types of prostate cancer grow slowly. In some of these cases, monitoring is recommended. Other types are aggressive and require quick intervention.

#### SIGNS AND SYMPTOMS

When symptoms do occur, they include blood in urine or semen, bone pain, unexpected weight loss and unexplained fever.

Pain can occur during urination, there is usually a problem starting and maintaining a steady stream of urine, excessive urination at night, leaking urine, erectile dysfunction, cancer spread and bowel dysfunction.

If you consistently notice any of these symptoms, you should see your doctor right away.

#### TREATMENT

Early detection and prevention is of utmost importance. Most cases of prostate cancer are treated with radiation, hormonal therapy, chemotherapy and surgery, that is, prostatectomy with other treatments.

A good dieting can also remedy the condition. Recommended vegetables include garlic, Onion, leeks and chives. Pineapple has also proved to help kill prostate cancer cells. Tomatoes containing Lycopene which slow prostate cancer growth and metastasis is also highly recommended.

For emphasis, prostate cancer accounts for the death of a good number of men in their 50s and above. Hence, men above 50 years should make it a point of duty to visit their doctors regularly for necessary investigation and early treatment where necessary.

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### LAITY WEEK: HARD FIGHTING CMO HOLDS FEMALE COUNTERPARTS TO DRAW IN NOVELTY MATCH

**O**ne goal apiece it end on Saturday, March 22, at Sacred Heart, Ring Road, where the Archdiocese of Ibadan Catholic Men Organisation (AICMO) squared up against their female counterpart, Archdiocese of Ibadan Catholic Women Organisation (AICWO) in a Novelty football match, as part of activities lined up to mark this year's archdiocesan Laity Week.

The situation became more obviously skewed against the men when the referee openly threw his weight behind the women's team as the sound of the whistle was mostly against every move the CMO team made to counter the ferocious CWO.

While it was almost a taboo for the men to tackle the women during the game, the women were given all the

Speaking after the game, AICMO President, Sir Felix Adoroh, who was the goal-keeper for the male side, said AICMO had no issues that women were favoured during the game, saying it was fair for women to be placed in more advantage situations than men even in real life because of their feminine nature. He noted that it brought out the beauty to the match as



backing to emerge victorious, including being allowed to drag the men by their shirts and even pick the ball with their hands without being penalized.

This advantage earned them an earlier goal against the CMO, which lasted until luck came the way of the struggling men who eventually found a way to equalise.

The match was watched by fans of both AICMO and AICWO who cheered their favoured sides as the game progressed.

there was no way 11 women could have withstood 11 men on the field of play.

Sir Adoroh urged men to always place their wives in positions of advantage, noting that it was one way marriage could be balanced and more enjoyable.

The Archdiocesan Laity Chaplain, Very Rev Fr Paul Asawale, who also watched the game later handed certificates of participation to both the AICMO and AICWO executives.

**-AICMO MEDIA TEAM**