

September Is Prostate Cancer Awareness Month

Educate yourself about prostate cancer, urges blogger Dan Zeller, adding that it has been impacting his life for nearly 14 years.

September 5, 2024 By [Dan Zeller](#)

It's that time of year again. It's time to remember that September is Prostate Cancer Awareness Month, and you should take a little time to educate yourself about this disease that's been impacting my life for nearly 14 years.

Here are some great free resources to learn more about the disease and its treatment:

- [American Cancer Society](#)
- [Prostate Cancer Foundation](#)
- [Prostate Cancer Research Institute](#)
- [ZERO Cancer](#)

Of course, I'd like to think this little ol' blog of mine has been a pretty decent resource, too. (Shameless self-promotion.)

Please take some time in September to increase your awareness about prostate cancer before you get diagnosed. Understand the risks—family history, race, age, diet—and how they may influence your decision to get screened for prostate cancer.

Be well!

[This post](#) originally appeared September 1, 2024, on [Dan's Journey Through Prostate Cancer](#). It is republished with permission.
