EUROPA UOMO
European Prostate Cancer Coalition

EPAD
European Prostate Cancer Awareness Day

INVITATION AND PROGRAMME

European Prostate Cancer Awareness Day 2026

Thursday 5 to Saturday 7 November 2026

Esplanade Solidarność 1980, European Parliament, Brussels

Programme at a glance

THURSDAY

5 November

EPAD information tent
08:30 to 18:00

Dedicated session on PRAISE-U
The EU-supported project on prostate cancer screening.
15.00 to 17.00
European Multidisciplinary Congress on Urological Cancers (EMUC26)
SQUARE Brussels Meeting Centre, Mont des Arts/ Kunstberg, B-1000 Brussels

FRIDAY

6 November

EPAD information tent
08:30 to 18:00

SATURDAY

7 November

Step Out for Prostate Cancer run or walk
07:00 to 10:00

EPAD information tent
07:00 to 12:00

Online: Virtual Step Out for Prostate Cancer run or walk, from 1 November to 31 December 2026, wherever you are

Join Europa Uomo in Brussels, or take part virtually

Europa Uomo, the European Prostate Cancer Coalition, brings together 31 prostate cancer patient organisations from across Europe. Together, we are committed to raising awareness, improving care and giving a stronger voice to everyone affected by prostate cancer.

Europa Uomo
European Prostate Cancer Coalition
Brusselstraat 51, 2018 Antwerp, Belgium

www.europa-uomo.org

On 5, 6 and 7 November 2026, we are bringing our message to the heart of Europe, near the European Parliament in Brussels. And we need your support.

Europa Uomo invites you to visit our EPAD information tent in Brussels and to join us for a Step Out for Prostate Cancer run or walk.

The EPAD information tent

At our EPAD information tent, you will have the opportunity to take a closer look at a giant prostate model and learn more about prostate cancer and the importance of raising awareness and early detection. The tent is open from 08:30 to 18:00 on Thursday 5 and Friday 6 November, and from 07:00 to 12:00 on Saturday 7 November.

> **Join our run or walk or simply stop by our information tent. Everyone is welcome, whether you lace up your running shoes or prefer to drop in, discover more and show your support for our campaign.**

Why awareness matters

Prostate cancer is the most common cancer in men in the EU27, with 330,000 new cases diagnosed each year and around 75,000 men dying of the disease annually. When detected early, prostate cancer can often be treated successfully, with a chance of cure. Unfortunately, the lack of organised, risk-based screening programmes in Europe means that too many men are diagnosed only when the disease has already spread and may no longer be curable. Late diagnosis can have a serious impact on both life expectancy and quality of life.

Public awareness of prostate cancer also remains limited. Many people lack essential knowledge about the disease, how it can be detected and when men should seek medical advice.

For the men living with prostate cancer, their families and our already overstretched healthcare services, we need to do more to raise awareness.

Europa Uomo is committed to making a difference. We work to improve understanding of prostate cancer, empowering men to take charge of their health and helping them access the right diagnosis and treatment as early as possible.

Step Out for Prostate Cancer

Run or walk, wherever you are. Join our run or walk to help raise awareness of prostate cancer across Europe.

Through our Step Out for Prostate Cancer initiative, we invite you to take a step towards a better future for men's health. Whether you run or walk, every effort counts. Take part, help raise funds and support Europa Uomo's vital awareness-raising work across Europe.

There are two ways to step out and support prostate cancer awareness.

1. Join us in Brussels

Take part in our live run or walk on Saturday morning, 7 November 2026, between 07:00 and 10:00, on the occasion of the European Multidisciplinary Congress on Urological Cancers (EMUC26) and our European Prostate Cancer Awareness Day (EPAD) activities. The run or walk will take place around the European Parliament, starting at Esplanade Solidarność 1980, where you will also find our prostate cancer information tent.

Run or walk at your own pace and complete as many laps as you feel comfortable with. Every step helps make a difference.

→ **Register for the Brussels run or walk**

2. Take part virtually, wherever you are

Can't make it to Brussels? You can still be part of the movement. Join our virtual run or walk and show your support from wherever you are. Take a walk in your local park, go for a run in your neighbourhood or get moving wherever you feel comfortable. Every step counts, and together we can make a difference for men affected by prostate cancer across Europe.

Join our virtual run or walk at any time between 1 November and 31 December 2026. Measure your steps or the distance covered using an app, and then submit them.

→ **Register for the virtual run or walk**

How can I take part?

It's easy:

1. Choose the Brussels event or the virtual run or walk.
2. Visit the relevant registration page and complete the registration form.
3. Check your email for further information and instructions.
4. Get ready to step out for prostate cancer awareness.

How will funds be raised?

The initiative will help fund Europa Uomo's awareness-raising activities through:

- **Registration fees** from participants in the Brussels run or walk on 7 November.
- **Sponsorship contributions** to support the initiative, whether participants take part in Brussels or virtually.
- **Voluntary donations** from participants and supporters who want to help make a difference.

Every contribution helps Europa Uomo continue its work to improve prostate cancer awareness, promote earlier diagnosis and give men across Europe a stronger voice in their healthcare.

Practical information

Venue: Esplanade Solidarność 1980, 1047 Brussels, Belgium

Step Out run or walk: Saturday 7 November 2026, between 07:00 and 10:00, at the European Parliament

- View the European Parliament's visitor information
- Find the location on Google Maps

Lace up your shoes, take a step and stand up for men's health. Whether you run, walk or take part virtually, you can help Europa Uomo raise awareness of prostate cancer and make a difference to the lives of men and their families across Europe.

Step Out for Prostate Cancer: every step counts!