

THE TOP 5 CANCERS AFFECTING MEN IN SA

#1 Prostate Cancer

IS THE MOST COMMON MALE
CANCER AFFECTING MEN IN SA



SYMPTOMS

- Prostate cancer often occurs without any symptoms
- Symptoms more likely if advanced:
 - ➔ Frequent urination, esp at night
 - ➔ Straining to pass urine
 - ➔ Painful or burning sensation during urination or ejaculation
 - ➔ Leaking urine
 - ➔ Bloody urine/semen
 - ➔ Advanced cancer can cause deep pain in lower back, hips, or upper thighs

LOWER THE CANCER RISK

- Some risk factors such as race, family history and age can't be helped
- Eat a healthy diet:
 - ➔ Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher risk
 - ➔ High alcohol intake increases risk
- Maintain a healthy weight
- Use of steroids influences development of prostate cancer
- Avoid smoking

RISK FACTORS

- International and local research indicates that the risk for aggressive prostate cancer is higher in black men
- The most common risk factors incl
 - African ancestry
 - increasing age (from 50's onwards)
 - a family history of prostate cancer on either the mother or father's side
- It might be that prostate cancer grows more rapidly in black than in white men
- Rural men especially may present late and with advanced disease

SCREENING

- Screening is done with a blood test called the Prostate Specific Antigen (PSA) test to help detect prostate abnormalities
- CANSA recommends talking to a doctor about screening by age 45, or sooner if you have a family history
- The PSA test is often combined with a digital rectal exam

Contact your local CANSA Care Centre for information on and bookings for Prostate Specific Antigen (PSA) blood test screenings

