

# No. 2 THE BIG 5 CANCERS AFFECTING MEN IN SA COLORECTAL CANCER

IT IS ESTIMATED THAT **1** IN **75** SA MEN  
WILL DEVELOP COLORECTAL CANCER

## SIGNS & SYMPTOMS

(You can have early colorectal cancer without symptoms)

- Change in bowel habits
- Rectal bleeding
- Stomach pain
- Weakness
- Weight loss



## TREATMENT AND PROGNOSIS

- Treatment depends on how far the cancer has advanced.
- Treatment may include surgery, radiation, chemotherapy, or a combination of these therapies.
- Prognosis also depends on how far the cancer has advanced. For early (stage I) cancer of the colon or rectum, the five-year survival is about 75 percent.

## SCREENING

- Colorectal cancer can be found early with a screening test called a colonoscopy.
- Other screening tests are also available.
- For most men, screening should begin at age 50 and be repeated every 10 years depending on your risk.

## REDUCE YOUR CANCER RISK:



Make sure to get cancer screenings



Exercise regularly



Eat a healthy diet



Maintain a healthy weight



Don not smoke



Avoid alcohol



Toll-free 0800 22 66 22  
www.cansa.org.za



Research • Educate • Support

RISK FOR COLON CANCER INCREASES WITH AGE (50+)

