

Men's Health

Protect
your health
Your
manhood
matters



EARLY DETECTION IS KEY

Prostate Specific Antigen (PSA) simple blood test
Blood is tested for PSA levels, a protein produced by the prostate. High levels may indicate inflammation of the prostate, or even cancer

Digital Rectal Exam
The doctor examines the prostate through the rectum to check for any prostate lumps or abnormalities

CANSA offers PSA screening to men 40 & older at our CANSA Care Centres & Mobile Health Clinics countrywide



#EarlyDetection #LowerCancerRisk



Research • Educate • Support



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

Men's Health

Have you checked your balls lately?

Self Exam

1



Cup one testicle at a time using both hands - best performed during or after a warm bath or shower

2



Examine by rolling the testicle between thumb and fingers - use slight pressure

3



Familiarise yourself with the spermatic cord and epididymis - tube like structures that connect on the back side of each testicle

4



Feel for lumps, change in size or irregularities - it is normal for one testis to be slightly larger than the other

CANSA encourages men to spend 10 minutes a month to examine their testicles.

Invest in your own health.

#EarlyDetection
#LowerCancerRisk



Research • Educate • Support



Consult your health practitioner if any abnormalities are detected



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