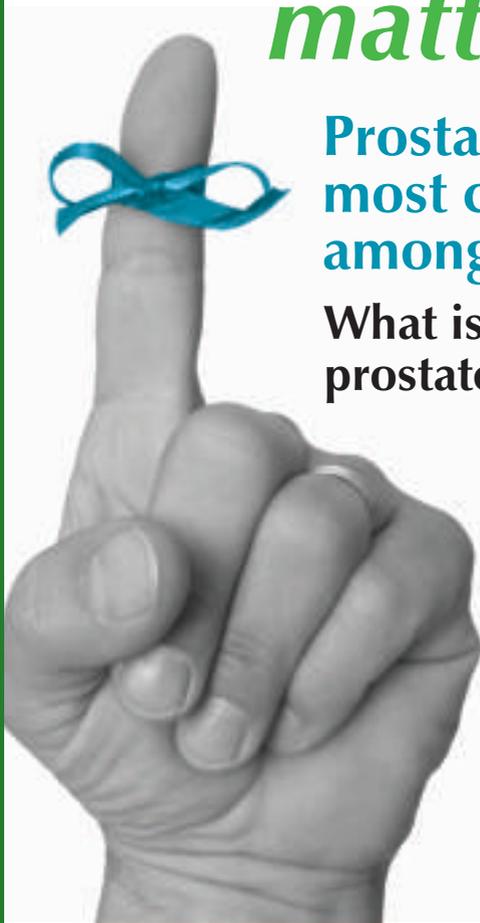


Protect
your health

Your
manhood
matters



Prostate cancer is the most common cancer among all SA men

What is your risk for prostate cancer?

Factors that **increase** the risk for **prostate cancer**

- Age 40 and older (rapidly increased risk after 50)
- Poor diet (more than 300g of red meat four times a week and high fat intake)
- Presence of BRCA1 + BRCA2 gene mutation
- Smoking
- Lack of exercise
- Family history of prostate cancer
- Obesity
- Alcohol intake



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Prostate cancer screening

Cancer screening aims to detect cancer before symptoms appear. This may involve blood tests, urine tests or medical imaging. The benefits of screening in terms of reducing the cancer risk, early detection and subsequent treatment are enormous and CANSA encourages all men to have regular screenings. Screening for prostate cancer includes a digital rectal exam and a Prostate Specific Antigen (PSA) blood test.

Screening procedure	What it does?	Starting age	How often?
Digital rectal examination	The doctor examines the prostate through the rectum to check for any prostate abnormalities	50 (40-45 for those at high risk, such as men with a family history of prostate cancer)	Annually
Prostate Specific Antigen (PSA) blood test or finger-prick test	Blood is tested for PSA levels, a protein produced by the prostate - high levels may indicate inflammation of the prostate or cancer	50 (40-45 for those at high risk such as men with a family history of prostate cancer)	Annually

CANSA encourages men to look after their health to reduce the risk of male cancers

Prostate cancer symptoms checklist

(Please tick the appropriate blocks and discuss it with your doctor during your next annual check-up)

	NEVER	SOMETIMES	OFTEN	ALWAYS
I have difficulty urinating				
I find it difficult to start or stop the flow of urine				
I have a weak flow of urine				
My urine flow starts and stops by itself				
I have a pain or burning sensation during urination				
I need to urinate often, especially at night				
I have difficulty getting or maintaining an erection				
I have blood in my urine and/or semen				
I frequently experience pain in my lower back, hips, or upper thighs				
I have a family history of prostate cancer	NO		YES	



CANSA offers PSA screening to men at risk from age 35 and routinely from 40 & older at our CANSA Care Centres & Mobile Health Clinics countrywide



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