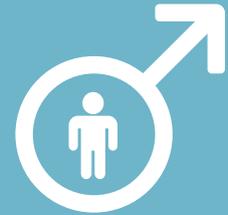


THE BIG 5 CANCERS AFFECTING MEN IN SA

#1 Prostate Cancer

IT IS ESTIMATED THAT **1 IN 19**
SOUTH AFRICAN MEN WILL
DEVELOP PROSTATE CANCER



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

REDUCE 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

SCREENING

- Screening is done with a blood test called the Prostate Specific Antigen (PSA) test - blood test to help detect prostate abnormalities
- CANSA recommends talking to doctor about screening by age 50, or sooner if you have a family history
- The PSA test is often combined with a digital rectal exam

TREATMENT & PROGNOSIS

- Treatment depends on age and how aggressive the cancer is
- Options include surgery, radiation therapy, chemotherapy and hormonal therapy
- The prognosis for prostate cancer is good if diagnosed early and treated

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



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Toll Free 0800 22 66 22 | www.cansa.org.za



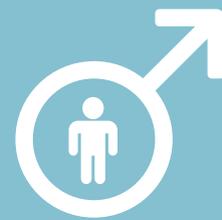
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AFRIKAANS
XHOSA, ZULU,
SOTHO, SIWATI

THE BIG 5 CANCERS AFFECTING MEN IN SA

#2 Colorectal Cancer

IT IS ESTIMATED THAT **1 IN 79**
SA MEN WILL DEVELOP
COLORECTAL CANCER



SIGNS & SYMPTOMS

(You can have early colorectal cancer without symptoms)

- ➊ Change in bowel habits
- ➋ A feeling that the bowel doesn't empty completely
- ➌ Rectal bleeding
- ➍ Stomach pain
- ➎ Weakness
- ➏ Unexplained weight loss



TREATMENT & PROGNOSIS

- ➊ Treatment depends on how far the cancer has advanced
- ➋ Treatment may include surgery, radiation, chemotherapy, or a combination of these therapies
- ➌ 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%

SCREENING

- ➊ Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50 - every 10 years
- ➋ Some CANSA Care Centres & Mobile Health Clinics countrywide offer faecal occult blood tests (sample of stool collected on end of an applicator to help detect small quantities of blood). Although not always an indication of cancer, positive results require a referral to a doctor

REDUCE YOUR CANCER RISK:



Go for cancer screenings



Eat a healthy diet



Exercise regularly



Maintain healthy weight



Do not smoke



Avoid alcohol



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CANSA offers care and support for patients that have had colorectal cancer, together with Stoma care and supplies

Toll Free 0800 22 66 22 | www.cansa.org.za



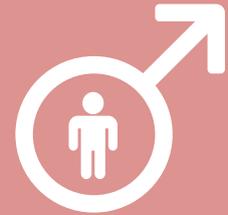
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#3 Lung Cancer

IT IS ESTIMATED THAT **1 IN 80**
SA MEN WILL DEVELOP
LUNG CANCER



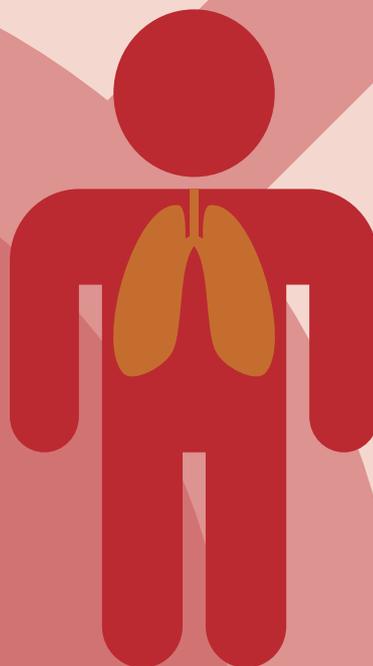
SYMPTOMS

You can have lung cancer before symptoms develop.

- Shortness of breath
- Cough
- Coughing up blood
- Chest pains
- Noisy breathing
- Feeling very tired all the time

REDUCE YOUR RISK

- It is estimated that the risk for lung cancer can be lowered in 90% of cases through action and awareness
- Smoking accounts for the majority of preventable lung cancers, but non-smokers can take action to lower their risk as well
- The best way to prevent lung cancer is to not smoke and to avoid second hand smoke



SCREENING

- Examining the lungs with a fiberoptic telescope
- Sampling sputum to look for cancer cells
- Doing a CT scan
- If you are older than 50 and have a history of smoking or have Chronic Obstructive Airway Disease (COPD), talk to your doctor about screening.

TREATMENT & PROGNOSIS

- Treatment depends on the type of cancer, its location and how advanced it is
- Options involve surgery, radiation, chemotherapy or a combination
- Prognosis depends on whether the cancer has spread. For cancers that have not spread, the five-year survival rate is about 50 %



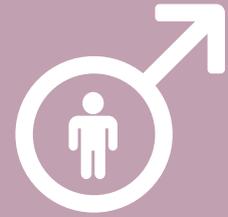
NEED HELP QUITTING

Visit ekickbutt.org.za for info on our smoking cessation programme

THE BIG 5 CANCERS AFFECTING MEN IN SA

#4 Kaposi Sarcoma

IT IS ESTIMATED THAT **1 IN 320**
SA MEN WILL DEVELOP
KAPOSI SARCOMA (KS)



SYMPTOMS

- Skin lesions (pink to brown, brown-red or reddish purple)
- A raised or slightly raised bump (nodule) or a flat area on the skin
- Swelling in the arms, legs and elsewhere due to KS causes damage to lymph vessels
- Lung, stomach and bowel problems
- Anaemia, as the lesions occasionally bleed slowly
- Before the HIV/AIDS epidemic, KS usually developed slowly. In HIV/AIDS patients though, the disease moves quickly

REDUCE YOUR RISK

A person can reduce risk by avoiding known risk factors that raise risk of HIV infection:

- Avoid risky sexual practices, such as having unprotected sex
- Avoid using intravenous (IV) needles that have been used by someone else



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KS is a cancer that causes patches of abnormal tissue to grow under the skin, in the lining of the mouth, nose and throat or in other organs

SCREENING

To be sure that a lesion is caused by KS, the doctor will do a biopsy to take a small sample of tissue from the lesion and send it to a laboratory to be analysed.

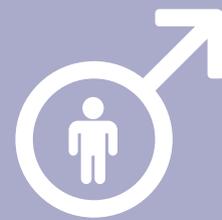
TREATMENT & PROGNOSIS

- Treatment of Kaposi sarcoma can be difficult due to the immunosuppressed state of many of the people who are affected
- The doctor will recommend treatment based on the patient's general health as well as on where the lesions are, how extensive they are and how many there are
- For people with AIDS, anti-HIV medications are used against the virus. This can improve the person's overall health and help treat Kaposi sarcoma
- Outlook for Kaposi sarcoma depends on the form of the disease
- About one-third of people with classic Kaposi sarcoma develop another cancer which can be fatal

THE BIG 5 CANCERS AFFECTING MEN IN SA

#5 Bladder Cancer

IT IS ESTIMATED THAT **1 IN 152**
SA MEN WILL DEVELOP
BLADDER CANCER



SYMPTOMS

- 🔗 Blood in your urine
- 🔗 Blood may change colour of urine or show up as blood clots
- 🔗 Needing to urinate frequently
- 🔗 Burning pain when urinating

RISK FACTORS

- 🔗 Biggest risk factor is smoking – it doubles your risk
- 🔗 Having a family history of bladder cancer
- 🔗 Being older than 55



SCREENING

- 🔗 Tell your doctor if you have any symptoms or are at a high risk
- 🔗 Investigations are done based on symptoms
- 🔗 Tests may include cystoscopy, biopsy, laboratory & imaging tests

TREATMENT & PROGNOSIS

- 🔗 Surgery is the most common treatment
- 🔗 Additional treatments may include:
 - administering drugs directly into the bladder
 - chemotherapy
 - radiation therapy
- 🔗 Like all cancers, prognosis depends on finding the cancer early
- 🔗 For stage I bladder cancer, the 5-year survival rate is about 90%



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Testicular Cancer

TESTICULAR CANCER IS A COMMON CANCER IN MEN BETWEEN THE AGES OF **15-49**. **1 IN 2084** MEN ARE AFFECTED BY THIS CANCER



SYMPTOMS

Like any other part of the body, the testicles can be affected by various conditions and diseases, which can lead to symptoms.

- Lumps (masses)
- Swelling
- Pain

RISK FACTORS

- Having had an undescended testicle
- Family history of testicular cancer
- HIV infection
- Personal history of testicular cancer
- Age group



TESTICULAR SELF-EXAMINATION



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



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



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



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

SCREENING

- The testicular self-examination (TSE) is an easy way for guys to check their own testicles to make sure there aren't any unusual lumps or bumps – which can be the first sign of testicular cancer
- It's important to try to do a TSE every month so you can become familiar with the normal size and shape of your testicles, making it easier to tell if something feels different or abnormal in the future
- Although testicular cancer is rare in teenage guys, overall it is the most common cancer in males between the ages of 15 and 49

TREATMENT & PROGNOSIS

- The diagnosis of testicular cancer is done on the presence of symptoms followed by a physical examination and laboratory and diagnostic tests
- Survival is good if detected and treated early