



Research • Educate • Support

Prostate Cancer - Unmasking the Silent Threat



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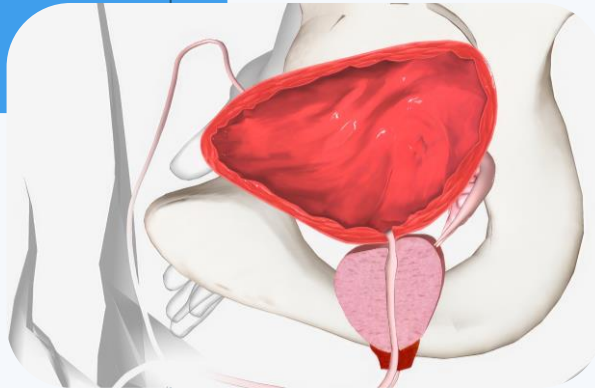
Prostate Cancer - Unmasking the Silent Threat

- CANSA puts the focus on an inconspicuous yet significant issue that affects a substantial portion of the South African male population
- Prostate cancer, a subtle but formidable adversary, has quietly become the most common cancers among men
- The risk of developing prostate cancer escalates with age
- Ethnicity is also a key factor, with studies demonstrating a higher susceptibility among men of colour
- A family history of the disease and genetic factors can increase risk
- Lifestyle choices, such as obesity and a sedentary routine, further contribute to the potential for prostate cancer



Prostate Cancer – Unmasking the Silent Threat

- The problem with a slow-growing cancer like prostate cancer is that, by the time you experience symptoms, the cancer may already be advanced
- That's why it's so crucial to undergo annual prostate screenings



The prostate is a gland located just below the bladder. The function is to provide nutrients to sperm that are part of the semen

THE TOP 5 CANCERS AFFECTING MEN IN SA

#1 Prostate Cancer

#2 Colorectal Cancer

#3 Lung Cancer

#4 Non-Hodgkin's Lymphoma

#5 Melanoma



1 Prostate Cancer - Symptoms

Prostate cancer often occurs without any symptoms.

Symptoms more likely if advanced:

- Frequent urination, especially 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/upper thighs



1 Prostate Cancer – Lower Your Risk

- Some risk factors such as race, family history, 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



1 Prostate Cancer



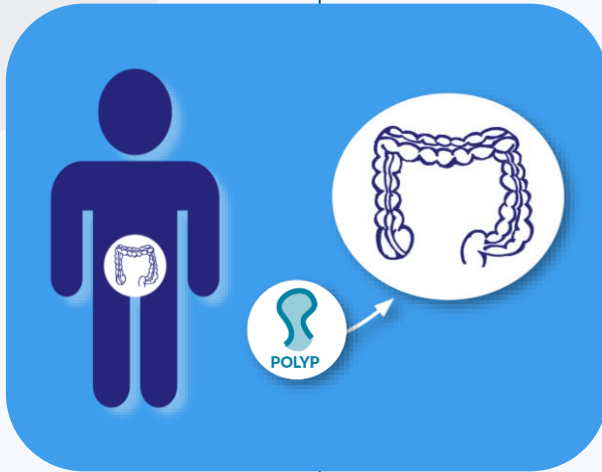
Screening is done with a blood test called the Prostate Specific Antigen (PSA) to help detect prostate abnormalities

WATCH

youtu.be/-sw3zPYk2yo

- CANSA recommends talking to 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, done by a doctor

#2 Colorectal Cancer – Early Detection is Key



- Most colorectal cancers begin as a POLYP, a small growth of tissue that starts in the lining and grows into the centre of the colon or rectum
- Doctors can remove polyps during the colonoscopy
- Go for regular colon screening tests (colonoscopy /sigmoidoscopy) from age 50 – every 10 years

Signs & Symptoms*

- Change in bowel habits, incl. diarrhoea/ constipation
- Rectal bleeding / blood in stools
- Persistent abdominal discomfort (cramps, gas or pain)
- A feeling that bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

* Many people experience no symptoms

Colorectal Cancer – Risk Factors

LIFESTYLE FACTORS:



Lack of regular exercise



Low fruit/ vegetable intake



Low-fibre & high-fat diet



Being overweight (obesity)



Tobacco use



Alcohol use



Poor oral/ dental hygiene

GENETIC FACTORS:



Hereditary Syndromes such as Lynch Syndrome



Personal or family history of colorectal cancer or polyps

OTHER FACTORS:



Old age



Type 2 Diabetes



Inflammatory Bowel Disease

**An Active
Balanced Lifestyle
SIGNIFICANTLY
Lowers
the Risk for
Colorectal Cancer**

#3 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



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.

#3 Lung Cancer

Lowering of Risk

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

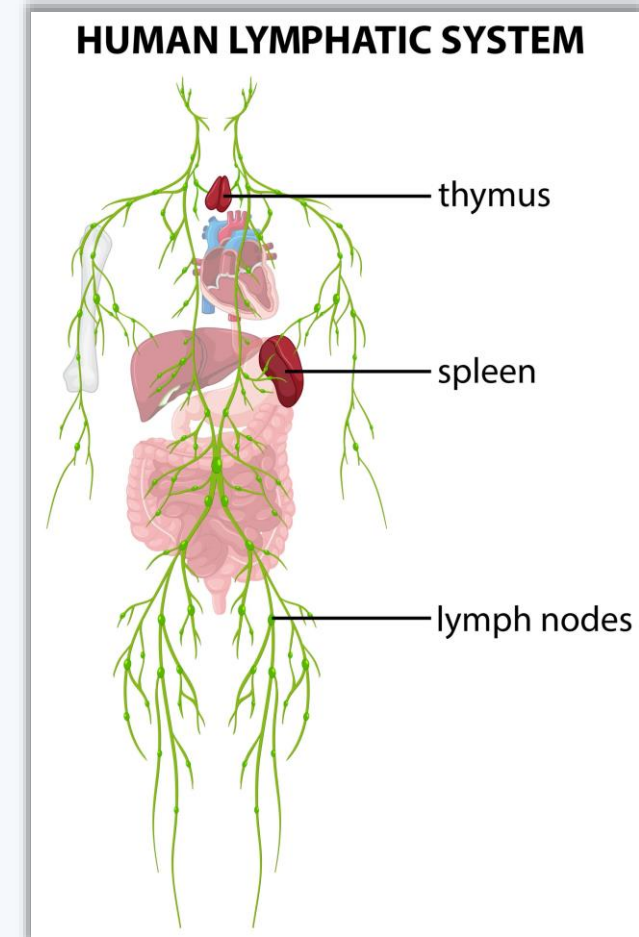


#4 Non-Hodgkin's Lymphoma

...is cancer of the lymphoid tissue, which includes the lymph nodes, spleen, and other organs of the immune system

Symptoms

- Swollen lymph nodes in neck, underarms, groin, or other areas
- Night sweats
- Itching
- Fever and chills
- Weight loss
- Abdominal pain or swelling, which may lead to loss of appetite, constipation, nausea, and vomiting
- If the cancer affects cells in the brain, the person may have a headache, concentration problems, personality changes, or seizures
- Coughing or shortness of breath if the cancer affects the thymus gland or lymph nodes in the chest



#4 Non-Hodgkin's Lymphoma

Risk Factors

- More common in older people
- More common in men
- Family history
- Patients with diseases/ conditions affecting the immune system (HIV+/AIDS and organ transplant recipients) may be at higher risk
- Autoimmune Disorders
- Overexposure to industrial and agricultural chemicals

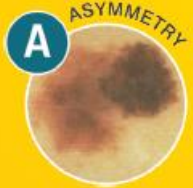
Screening

- A doctor will perform a physical exam and check body areas with lymph nodes to feel if they are swollen
- Biopsy of suspected tissue, usually a lymph node biopsy
- Bone marrow biopsy



#5 Melanoma

ABCDE WARNING SIGNS



A-symmetry - a mole or mark with one half unlike the other - common moles are round and symmetrical



B-order irregularities - scalloped or poorly defined edges - common moles have smooth and even borders



C-colour variations and inconsistency - tan, brown, black, red, white and blue - common moles are usually a single shade of brown or black



D-iameter - larger than 6 mm



E-volving - changes in shape, colour or border of a mole

Screening

- Check your skin carefully every month by doing a mole check - ask a family member or friend to examine your back and the top of your head
- If you notice any of the warning signs, see a doctor or dermatologist immediately
- FotoFinder skin examinations are available at some CANSA Care Centres

#5 Melanoma

LOWER YOUR RISK



Avoid the sun
between 10am-4pm



Wear a sunhat
at all times



Re-apply sunscreen
every 2 hours

- ➊ *Avoid direct sunlight between 10am and 4pm*
- ➋ *Cover up by wearing thickly-woven hats with wide brims and loose-fitting clothes, made of tightly-woven fabric, that will block out harmful UV rays*
- ➌ *Look out for UV protective beach wear and umbrellas bearing the CANSA Seal of Recognition*
- ➍ *Always apply sunscreen, with Sun Protection Factor (SPF) between 20 and 50 – SPF 30 to 50 for fair to very fair skin.*
- ➎ *Use a sunscreen bearing the CANSA Seal of Recognition. Re-apply regularly (at least every two hours), after towel-drying, perspiring or swimming. Apply liberally to all exposed skin*
- ➏ *Look out for the manufacture or expiry date on the sunscreen package. Sunscreen usually expires two years after date of manufacture. Once opened, sunscreen should not be used for longer than one year*
- ➐ *Protect the eyes by wearing sunglasses with a UV protection rating of UV400*
- ➑ *Avoid sunlamps and tanning beds*
- ➒ *Take special care to protect children - babies younger than one year should never be exposed to direct sunlight*

Risk factors

- Having a lighter natural skin colour
- Family or personal history of skin cancer
- Exposure to the sun through work & play
- History of sunburns early in life
- Having blue or green eyes, blonde or red hair
- Having many moles and certain types of moles
- Having a skin that burns, freckles, reddens easily, or becomes painful in the sun

Testicular Cancer

Testicular cancer is a common cancer in men between the ages of 15-49

Risk Factors

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

Treatment & Prognosis

- Diagnosis of testicular cancer is done on presence of symptoms followed by physical examination and laboratory & diagnostic tests
- Survival is good if detected and treated early

Symptoms

- Lumps (Masses)
- Swelling
- Pain



WATCH

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Testicular Cancer

- 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
- 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 future



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's normal for one testis to be slightly larger than the other

Screenings available to men

- Prostate Specific Antigen (PSA) blood test to detect any prostate abnormalities. Early detection improves treatment outcomes, so we urge men, over 40 years not to delay and to take advantage of our PSA testing at local CANSA Care Centres
- Faecal occult blood tests – available at some CANSA Care Centres (It is a sample of stool collected on end of an applicator to help detect small quantities of blood. Although not always an indication of colorectal cancer, positive results require a referral to a doctor)
- FotoFinder skin examinations available at some CANSA Care Centres
- CANSA also rolls out the 'MANVan' initiative through funds raised from the Hollard Daredevil event. This mobile health clinic provides free health checks, and support programmes, as well as raising awareness of male-specific cancers



How does CANSA help?

Our service comprises health, education, and advocacy awareness campaigns; CANSA Care Centres that offer a wide range of care and support services to those impacted by cancer - cancer screening and early detection; stoma and other clinical support, home-based care and medical equipment hire.

CANSA's clinical specialist nurses continue to offer free advice to patients and caregivers regarding side effects of types of cancer, treatment, nutrition, pain management and palliative care.

We offer a free Tele Counselling service in seven languages and supply patient care and support in the form of 8 CANSA Care Homes in the main metropolitan areas for out-of-town cancer patients and CANSA TLC lodging for parents / guardians of children undergoing cancer treatment.

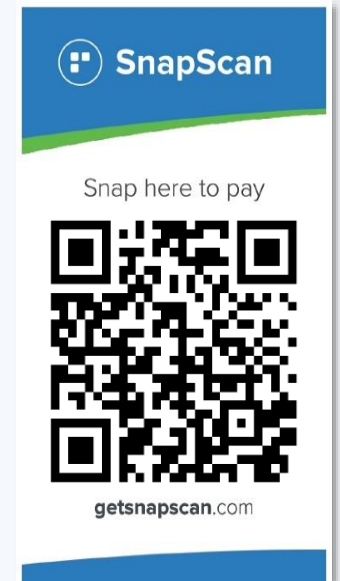
The national CANSA Help Desk provides online support via the toll-free line, 0800 22 66 22, email: info@cansa.org.za and multi-lingual WhatsApp lines; 0721979305 for English and Afrikaans and 0718673530 for isiXhosa, isiZulu, siSwati, Sesotho and Setswana

Contact us

- Visit our website: www.cansa.org.za
- Call us toll-free on 0800 22 66 22, or email info@cansa.org.za
- WhatsApp: 0721979305: English/Afrikaans & 0718673530: Xhosa, Zulu, Sotho, Siswati
- Like our CANSA national Facebook page: [CANSA The Cancer Association of South Africa](#)
- If you are a Survivor, please join our Facebook group in support of cancer survivors: [Champions of Hope - CANSA Survivors](#)
- If you are a Caregiver, please join our Facebook group in support of cancer caregivers: [CANSA Caring for the Carers](#)
- Follow us on: X (formerly Twitter) [@CANSA](#) | Instagram [@CancerAssociationOfSouthAfrica](#)
TikTok ([@cancerassociationza](#)) | Pinterest [CANSA](#)
LinkedIn [@CancerAssociationOfSouthAfrica](#)
- View our videos on YouTube:
<https://www.youtube.com/c/CancerAssociationofSouthAfricaCANSA>

What can you do to help?

Help CANSA expand its Awareness and Care and Support programmes, please consider donating at any of our CANSA Care Centres country-wide or Online at <http://www.cansa.org.za/personal-donation-options> or Make a Donation via SnapScan or Zapper on your smartphone:



Stay informed, subscribe to our e-newsletters:

<https://cansa.org.za/subscribe-to-our-email-newsletter/>

Like and Share our health awareness materials on your social media ~ it can save a life!



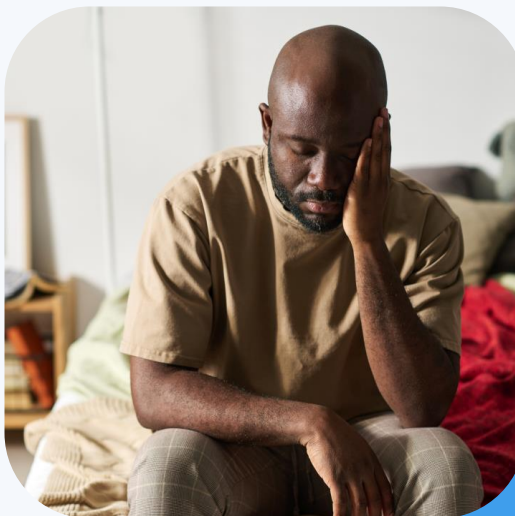
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