



MEN'S HEALTH AWARENESS

COLORECTAL CANCER

Colorectal or colon cancer is among the top three cancers for men in South Africa with 1 in 77 males diagnosed according to the National Cancer Register (2019).

If diagnosed early it can increase your chances of survival.

KNOW THE RISKS



SIGNS AND SYMPTOMS

(many people experience no symptoms)

- Change in bowel habits, including diarrhoea and constipation or both.
- Rectal bleeding or blood on and in stools.
- Persistent abdominal discomfort (cramps, gas, or pain).
- Feeling that the bowel doesn't empty completely.
- Weakness or fatigue.
- Unexplained weight loss.



LIFESTYLE FACTORS

- Lack of regular exercise.
- Low fruit/vegetable intake.
- Low-fibre and high-fat diet.
- Being overweight (obesity).
- 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



SCREENING

- Go for regular colon screening tests such as rectal examinations, laboratory testing of stool samples and colonoscopy or a sigmoidoscopy from age 50 - every 10 years.



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.

If you present with symptoms mentioned above and you require more information or assistance, talk to your nearest Platinum Health Medical Practitioner.

Visit the Platinum Health website (www.platinumhealth.co.za) to find your nearest Platinum Health medical facility.

Source: Cancer Association of South Africa cansa.org.za/



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