

MEN'S HEALTH



**THE NUMBER ONE
CANCER AFFECTING
MEN IN SOUTH AFRICA**

#1 Prostate Cancer IS THE MOST COMMON CANCER AFFECTING MEN IN SA



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, or upper thighs.



RISK FACTORS

- International and local research indicates that the risk for aggressive prostate cancer is higher in black men with the life time risk approximating 1 in 4 for black African men and 1 in 8 for white males.
- The most common risk factors include:
 - African ancestry
 - Increasing age (from 50's onwards)
 - A family history of prostate cancer on either the mother or father's side.
 - Certain gene mutations (BRCA1 and BRCA2) increase the risk.
- It might be that prostate cancer grows more rapidly in black than in white men.
- Rural men especially may present late and with advanced disease.



LOWER THE CANCER RISK

- Some risk factors such as race, family history and age can't be changed.
- 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.
- Avoid the excessive use of steroids which influences the development of prostate cancer.
- Avoid smoking.



SCREENING

- Make selfscreening your thing:
 - Annual health check-ups and cancer screening
 - Monthly self-examination
 - Daily living an active, balanced lifestyle (including a healthy diet)
 - Always avoiding known carcinogens
- Screening is done with a blood test called the Prostate Specific Antigen (PSA) test to help detect prostate abnormalities.
- Talk to a 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.

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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