

# Men's Health

## COLORECTAL CANCER



PLATINUM  
HEALTH

IT IS ESTIMATED THAT **1 IN 79** SOUTH AFRICAN MEN WILL DEVELOP COLORECTAL CANCER.

### SIGNS & SYMPTOMS

(You can have early colorectal cancer without symptoms.)

- Change in bowel habits.
- A feeling that the bowel doesn't empty completely.
- Rectal bleeding.
- Stomach pain.
- Weakness.
- Unexplained weight loss.
- Family history of colon cancer.



### TREATMENT & PROGNOSIS

- *Treatment depends on how far the cancer has advanced.*
- *Treatment may include surgery, radiation, chemotherapy, or a combination of these therapies.*

### REDUCE YOUR CANCER RISK:

- *Go for cancer screenings.*
- *Eat a healthy diet.*
- *Exercise regularly.*
- *Maintain a healthy weight.*
- *Do not smoke.*
- *Avoid alcohol.*

### SCREENING

- Go for regular colon screening tests such as a colonoscopy or a sigmoidoscopy from age 50.

If you present with any of the signs and symptoms, talk to a Platinum Health Healthcare Provider for guidance.

