

Men's Health Awareness

PROSTATE CANCER

It is estimated that 1 in 18 South African men will develop Prostate Cancer. Prostate cancer is one of the leading cancers in men worldwide and is the number two cause of cancer deaths among men in South Africa.

Signs and Symptoms

Prostate Cancer often occur without any symptoms. However, if the prostate cancer is advanced, the symptoms are more likely to include the following:

- A noticeable burning while urinating or during ejaculation.
- A frequent need to urinate.
- Blood in urine.
- Blood in semen.
- Lower backache.
- Erectile dysfunction.
- Difficulty starting or stopping a stream of urine.
- Inability to urinate standing up.
- Weak or decreased flow in your urinary stream.
- Pain or discomfort in the pelvic area, lower back, or upper thighs.



Treatment

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

Reduce the cancer risk

- You may be able to reduce your cancer risk by:
 - Eating a healthy diet.
 - Preventing obesity by maintaining a healthy weight.
 - Not smoking.

If you present with symptoms mentioned above and you require more information or assistance, talk to a medical practitioner at any Platinum Health Medical Facility.



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