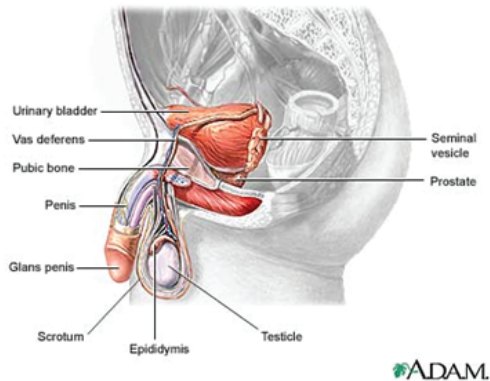


Men's Cancers

Early Detection Saves Lives

Prostrate Cancer

The prostate gland is a male sex gland that is located at the base of the bladder and surrounds the first part of the urethra. The urethra carries urine from the bladder through the penis to be excreted. Men over 50 years of age should be checked every year for prostrate cancer.



What are the risk factors?

- Eating a diet high in animal fat .
- A family history of prostate cancer.
- Chronic stress.
- Having high blood testosterone levels.
- Exposure to radiation.
- Exposure to food preservatives, tobacco and pesticides.

Symptoms:

These develop slowly and they are due to the tumour pressing on the urethra:

- An increase in the need to pass urine.
- Difficulty in initiating passing urine.
- A feeling of not emptying the urinary bladder completely.
- A urine stream which starts and stops.
- Dribbling of urine due to overflow.
- A burning sensation or pain when passing urine.

- Blood in the urine.
- Pain in the lower back, upper thighs or pelvic area.

Take care, reduce your risks:

- Consume a diet high in fibre such as fruit and vegetables.
- Eat less red meat.
- Reduce fat intake.
- Exercise regularly.
- Avoid smoking and drinking alcohol.
- Reduce stress.
- If you are over 50, have a yearly prostate specific antigen (PSA) blood test.
- A digital rectal examination done by the doctor to check for prostate enlargement can be done.
- A biopsy confirms the diagnosis of prostate cancer.

Testicular Cancer

This usually occurs in the younger men, between 15 and 40 years of age.

What are the warning signs of testicular cancer?

- A hard pea-sized lump on the testicle.
- A feeling of heaviness in the testicle.
- Enlargement of testicle.
- A dull ache in the testicles.
- Sudden accumulation of fluid in the scrotum.
- Lower back pain.

What are the risk factors of testicular cancer?

- Being Male
- Age
- Undescended testicle (Cryptorchidism)
- Family history
- Previous cancer
- HIV virus

Take time to do your own self examination:

(preferably after a bath or shower).

- Examine each testicle separately to check for abnormalities such as a lump, swelling or hardening of the testicle.
- Check for pain or discomfort.
- Note the size of testicles. It is common for someone to have one larger testicle than the other.
- Examine groin area for any swelling.
- See your doctor if any abnormality is detected.

“Early detection saves lives, reduce your risks by eating a healthy diet and exercising regularly”



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Sponsors

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For more information on cancers and cancer prevention, call the Cancer Association on: telephone numbers 707444/, 705522, 707673 or email us on: cancer@mweb.co.zw. or visit our website : www.cancerassociation.co.zw