

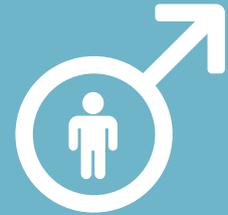


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Prostate Cancer

SYMPTOMS

- Prostate cancer often occurs without any symptoms
- Symptoms more likely if advanced:
 - ➔ Frequent urination, esp 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

LOWER THE CANCER RISK

- Some risk factors such as race, family history and age can't be helped
- 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
- Use of steroids influences development of prostate cancer
- Avoid smoking

SCREENING

- Screening is done with a blood test called the Prostate Specific Antigen (PSA) test - blood test to help detect prostate abnormalities
- CANSA recommends talking to doctor about screening by age 50, or sooner if you have a family history
- The PSA test is often combined with a digital rectal exam

TREATMENT & PROGNOSIS

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

Screening is available at your local health facility



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Breast Cancer

MYTHS vs FACTS

DID YOU KNOW?

Breast cancer is the most common cancer



MYTH

FACT

I am too young to get breast cancer



Many women who are under 40 are diagnosed with breast cancer

Being overweight/obese doesn't matter



Overweight women have a higher risk of being diagnosed with breast cancer, especially after menopause

Alcohol is not linked to breast cancer



Alcohol use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk



All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer



Women who have never had children, or only had them after 30, have increased risk of breast cancer

Find out more at your local health facility





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Cervical Cancer

DID YOU KNOW?

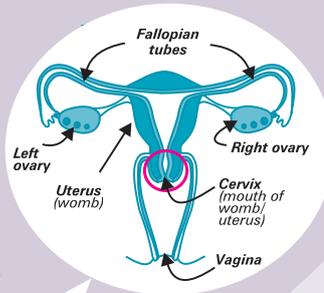
Cervical cancer is the
2nd most common cancer



Go for regular PAP SMEARS

Cervical cancer can be effectively treated if detected & diagnosed early

Pap Smear = reliable screening test for the early detection of cervical cancer - a swab of cervical cells



Human Papilloma viruses (HPVs)

Almost all cervical cancers are caused by HPV. HPV is a common virus that is spread through skin-to-skin contact, body fluids and sexual intercourse.

Signs and Symptoms

- ➔ Abnormal vaginal bleeding between periods
- ➔ Continuous vaginal discharges
- ➔ Menstrual periods becoming heavier and lasting longer than usual
- ➔ Vaginal bleeding or pain during sexual intercourse
- ➔ Increased urinary frequency
- ➔ Vaginal bleeding after menopause

Pap smears are available at your local health facility

Risk Factors

- ➔ Failure to always use a condom during sexual intercourse
- ➔ Sexually transmitted infections
- ➔ Having many sexual partners and high-risk sexual activity and not using a condom
- ➔ Having first sexual intercourse at a young age
- ➔ Being overweight/obese with low physical activity levels
- ➔ Consuming alcohol and smoking



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Colorectal Cancer

EXERCISE AND GOOD EATING HABITS LOWERS RISK FOR COLORECTAL CANCER

EARLY DETECTION IS KEY

Most colorectal cancers begin as a **POLYP**, a small growth of tissue that starts in the lining and grows into a centre of the colon or rectum. Doctors can remove polyps during the colonoscopy procedure.



Go for regular colon screening tests such as a colonoscopy or a Sigmoidoscopy from age 50 - every 10 years

For more information on colorectal cancer contact your local health facility

Lifestyle factors that contribute to increased risk of colorectal cancer:



Lack of regular exercise



Low fruit/vegetable intake



Low-fibre & high-fat diet



Being overweight (obesity)



Alcohol use



Insufficient intake of clean safe water



Tobacco use

SIGNS & SYMPTOMS

(many people experience no symptoms)

- ➔ Change in bowel habits, including diarrhoea/constipation
- ➔ Rectal bleeding or blood in stools
- ➔ Persistent abdominal discomfort (cramps, gas or pain)
- ➔ A feeling that the bowel doesn't empty completely
- ➔ Weakness or fatigue
- ➔ Unexplained weight loss

OTHER RISK FACTORS:

- ➔ Inflammatory bowel disease
- ➔ Personal or family history of:
 - Colorectal polyps
 - Colorectal cancer



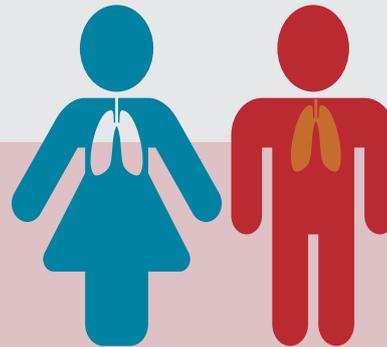
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Lung Cancer

5 KEY FACTS



Lung cancer is one of the leading causes of cancer deaths in men and women worldwide

Smoking counts for the majority of preventable lung cancers

Lung cancer is more common in men. (As more women have started smoking, the number of women developing lung cancer has increased)

People who don't smoke can also develop lung cancer

People diagnosed at earliest stages have the greatest chances for recovery



NEED HELP QUITTING
Visit ekickbutt.org.za for info on how to quit

For more information on lung cancer contact your local health facility



Signs and Symptoms of Lung Cancer

- ➔ A new cough that doesn't go away
- ➔ Changes in a chronic cough or 'smoker's cough'
- ➔ A cough that gets worse or carries on
- ➔ Coughing up blood, even a small amount
- ➔ Shortness of breath
- ➔ Constant chest pain - especially when coughing
- ➔ Frequent chest infections
- ➔ Wheezing and/or hoarseness
- ➔ Swelling of the neck and face
- ➔ Fatigue (feeling very tired all the time)
- ➔ Loss of appetite/losing weight without trying
- ➔ Bone pain
- ➔ Constant headache

The best way to prevent lung cancer is not to smoke and to avoid second hand smoke

- ➔ Quitting smoking at any time can lower risk
- ➔ Healthy diet and moderate physical activity play a role in lowering risk
- ➔ Exposure to asbestos increases risk, and combined with smoking the risk is greatly increased
- ➔ Chemicals used in industry and around homes may increase risk. Labels on home products such as wood stripper, and Material Safety Data Sheets provide information on safe exposure and proper masks to use