



THE BIG 5 CANCERS AFFECTING MEN IN SA

LUNG CANCER

It is estimated that 1 in 76 SA men will develop lung cancer

Symptoms

You can have lung cancer before symptoms develop.

- Shortness of breath
- Cough
- A change in sputum
- Chest pains
- Noisy breathing



Screening

- Examining the lungs with a fiberoptic telescope
- Sampling sputum to look for cancer cells
- Doing a CT scan

If you are older than 50 and have a history of smoking or have Chronic Obstructive Airway Disease (COPD), talk to your doctor about screening

REDUCE YOUR RISK

- It is estimated that the risk for lung cancer can be lowered in 90% of cases through action and awareness
- Smoking accounts for the majority of preventable lung cancers, but non-smokers can take action to lower their risk as well
- The best way to prevent lung cancer is to not smoke and to avoid second hand smoke

Treatment and Prognosis

- Treatment depends on the type of cancer, its location, and how advanced it is
- Options involve surgery, radiation, chemotherapy, or a combination
- Prognosis depends on whether the cancer has spread. For cancers that have not spread, the five-year survival rate is about 50 %

Need help quitting

Visit the CANSA website for info on our e-Kick Butt programme or call us toll-free

Kick Butt with CANSA



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