



# THE BIG 5 CANCERS AFFECTING MEN IN SA

# PROSTATE CANCER

IT IS ESTIMATED THAT 1 IN 18 SOUTH AFRICAN MEN WILL DEVELOP PROSTATE CANCER

## SYMPTOMS

- Prostate cancer often occurs without any symptoms
- Symptoms are more likely if advanced:
  - Straining to pass urine
  - Leaking urine
  - Bloody urine
  - Bone pain

## 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

## REDUCE THE CANCER RISK

- Some prostate cancer risk factors such as race, family history, and age can't be helped.
- You may be able to reduce your cancer risk by
  - eating a healthy diet,
  - maintaining a healthy weight,
  - and not smoking.

## TREATMENT AND PROGNOSIS



Treatment depends on age and how aggressive the cancer is



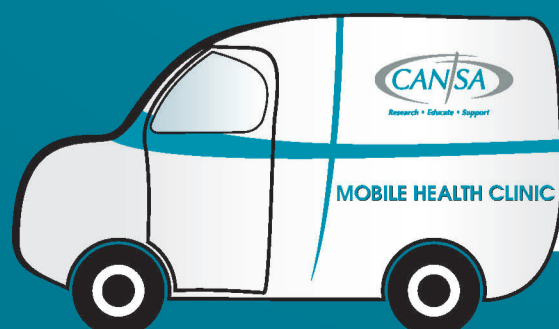
Options include surgery, radiation therapy, and chemotherapy



The prognosis for prostate cancer is good if diagnosed early and treated



Toll-free 0800 22 66 22  
[www.cansa.org.za](http://www.cansa.org.za)



CANSA has Mobile Health Clinics that do screening in the communities