

**MORE  
BOLLS**  
THAN MOST

# PROSTATE CANCER

## YOU HAVE AN INCREASED RISK OF DEVELOPING PROSTATE CANCER IF...

- You are older than 40
- You consume alcohol
- You do not exercise often
- If there is a family history of Prostate Cancer

## SYMPTOMS



Blood in  
Urine/semen



Cloudy  
urine



Urinary  
Frequency &  
Urgency



Night  
Urination



Painful/  
burning  
Urination



Painful  
ejaculation



Pain in the lower back  
hips or upper thighs

- Difficulty getting/maintaining an erection
- Unexpected weight loss
- Anaemia
- Fatigue

## HOW TO REDUCE YOUR RISK

- Go for regular screening
- Don't smoke
- Don't Drink
- Avoid being overweight
- Exercise for at least 30 mins everyday
- Eat at least 5 portions of fresh vegetables and fruit (in season) daily
- Drink enough clean safe water

## PREVENTION

### Prostate Specific Antigen (PSA)

Blood is tested for PSA levels, a protein produced by the prostate. High levels may indicate inflammation of the prostate, or even cancer

### Digital Rectal Exam

The doctor examines the prostate through the rectum to check for any prostate lumps or abnormalities

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# TESTICULAR CANCER

## SELF EXAMINATION

- Examine your testicles after taking a warm bath or shower
- Stand in front of a mirror and look for any signs of swelling
- Support your testicles with one hand and feel each one with your other hand
- Roll the testicles between the thumb and fingers, feeling for any lumps - its normal to feel soft chord-like structure on the top and back of each testicle (lumps can be as-small-as-a grain of rice and are usually quite firm like a hard rubber)
- Also check for areas that feel tender

## SIGNS & SYMPTOMS

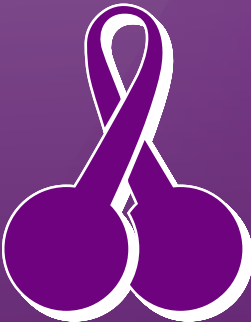
- A painless swelling or lump in one or both testicles
- Pain or feeling of heaviness in a testicle
- An ache in the lower abdomen, back or groin

## RISK FACTORS

- Babies born with undescended testicles
- Congenital (born with) abnormalities of the testicle, penis, kidney and inguinal hernias (hernia in groin area)
- A family history of testicular cancer
- Using marijuana (dagga or cannabis)

**TESTICULAR CANCER S ONE OF THE MOST COMMON  
CANCERS IN MALES AGES 15-39.**

**CONSULT YOUR DOCTOR IF ANY ABNORMALITIES ARE  
DETECTED.**



**GET  
A  
GRIP**

**EARLY DETECTION WILL  
HELP PROLONG A LIFE**