

Look after number one



A cancer prevention plan for men

Finding cancer early offers one of the best chances to cure the disease.

Look for:

- Lumps, sores or ulcers that don't heal.
- Unusual changes in your testicles – changes in shape, consistency or lumpiness.
- Coughs that don't go away or show blood, a hoarseness that hangs around.
- A loss in weight that can't be explained.
- Moles that have changed shape, size or colour, or bleed, or an inflamed skin sore that hasn't healed.
- Blood in a bowel motion.
- Persistent changes in toilet habits.
- Urinary problems or changes.

These symptoms are often related to more common, less serious health problems. However, if you notice any unusual changes, or these symptoms persist, visit your doctor.

Prostate screening

The cause of prostate cancer is not known and there is no single, simple test to detect prostate cancer. Prostate cancer may be suspected by the feeling of the prostate during a digital rectal examination (DRE) by your doctor and by a blood test to see if your prostate specific antigen (PSA) is above normal levels for your age.

If you have no symptoms and are thinking about having a PSA test, you need to consider the risks and benefits. It is important to balance the benefit of detecting a prostate cancer early, against the risk that detection and treatment may not be necessary. Treatment may affect your lifestyle including sexual function, but may also save your life.

You should make your own decision about whether to be tested after discussion with your doctor. It is important for you to obtain good quality information to make an informed decision.

Changes in your testicles

Although testicular cancer is rare, it is one of the most common cancers in men aged between 15 and 45 years. The causes of this cancer are unclear, but men who have had an undescended testicle are at increased risk. There are no screening tests, however it is one of the most curable cancers if found early. Be aware of what is normal for you and if you see or feel any changes, see your doctor. Don't let embarrassment get in the way.

Ask about screening for bowel cancer

Early detection of bowel cancer greatly improves chances of successful treatment. Your risk of bowel cancer increases with age. If you are over 50 years, you should be tested for bowel cancer every two years.

However, some people may have known risk factors which put them at increased risk. If you fall into this group your doctor will talk to you about regular surveillance.

The National Bowel Cancer Screening program started in 2006. It uses the faecal occult blood test (FOBT) to detect hidden blood in bowel motions. People without symptoms aged 50, 55 and 65 are eligible to participate.

Make lifestyle changes

We know that by being physically active every day, enjoying a healthy diet and maintaining a healthy body weight, you can lower your risk of developing cancer. We know that these factors account for at least 30 per cent of all cancers.

Ways to reduce your cancer risk

- ✓ **Stop smoking** – lung cancer is the leading cause of cancer death in Australian men. If you are a smoker, attempt to quit. Call the Quitline on 13 QUIT (13 78 48) for free advice.
- ✓ **Be SunSmart** – protect yourself in the sun and take care not to burn.
- ✓ **Stay in shape** – aim for a healthy body weight.
- ✓ **Move Your body** – be physically active for at least 30 minutes on most or all days.
- ✓ **Eat for health** – choose a varied diet with plenty of fruit and vegetables and limit your intake of red meat.
- ✓ **Avoid alcohol** – try alcohol-free days and non alcoholic drinks.

Remember, if you have any concerns or questions, please contact your doctor.

Where can I get reliable information?

Cancer Council Helpline 13 11 20

Information and support for you and your family for the cost of a local call anywhere in Australia.

Cancer Council Australia website

(with links to state and territory Cancer Councils)
www.cancer.org.au

Australian Prostate Cancer Collaboration

www.prostatehealth.org.au

National Bowel Cancer Screening Program Information Line 1800 118 868

www.cancerscreening.gov.au