



PROSTATE CANCER

WE YOU TO THINK ABOUT MEN'S HEALTH

Prostate cancer is the most common non-skin cancer in men. Prostate cancer begins in the tissue of the prostate gland, which is the male sex gland responsible for the production of semen and is located just below the bladder.

DID YOU KNOW?

IT IS ESTIMATED THAT **1 IN 18** SOUTH AFRICAN MEN 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



RISK FACTORS FOR PROSTATE CANCER



AGE: Age is the strongest risk factor for prostate cancer. Prostate cancer is very rare before the age of 40, but the chance of having prostate cancer rises rapidly after age 50.



FAMILY HISTORY: Prostate cancer seems to run in some families, and scientists have found several inherited genes that seem to raise prostate cancer risk.



RACE/ETHNICITY: Current evidence shows prostate cancer occurs more often in South African black men. In black men, prostate cancer is also said to be more aggressive or advanced. It is not clear why this is so.



DIET: Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher risk of getting prostate cancer.



OBESITY: Obese men diagnosed with prostate cancer may be more likely to have advanced disease that is more difficult to treat - with specific reference to belly fat.



ALCOHOL: High alcohol intake is a risk factor for prostate cancer.



TOBACCO: Use of tobacco products increase the risk of prostate cancer.



GO NUTS FOR NOVEMBER

REDUCING 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

The costs and effects of cancer treatment can be substantial. PPS offers a suite of products to help you with the necessary lifestyle adjustments.

PPS is a Licensed Insurer and Financial Services Provider.

INFORMATION OBTAINED FROM



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