



What causes Prostate Cancer?

The exact cause of prostate cancer is still not clear. There are, however, a few risk factors for developing this disease.

These include:

- a. Genetic factors
(a positive family history)
- b. Increase in age, and environmental factors such as diet and lifestyles.

Ten percent of prostate cancer is inherited. These cancers usually develop at a younger age and are more aggressive.

If one first degree family member (father or brother) has prostate cancer, the risk for developing prostate cancer is twice as high as it is for the normal population. This increases to eleven-fold if three first degree family members have prostate cancer.



CAN-SIR – SOUTH AFRICA'S PREMIER MALE CANCER ORGANISATION, IS AN INNOVATIVE AND EXCITING NON-PROFIT AND PUBLIC BENEFITS ORGANISATION FORMED TO BE THE ORGANISATION OF CHOICE WHEN IT COMES TO CANCER AWARENESS, EDUCATION, CANCER SUPPORT TO THOSE SUFFERING WITH CANCER AND THEIR FAMILIES, AS WELL AS TO EMPHASISE THE IMPORTANCE OF REGULAR EXAMINATIONS AND EARLY DETECTION OF CANCER AND TO ADVOCATE FOR MEN'S HEALTH BY BEING THE VOICE OF MEN WITH CANCER.

ALTHOUGH CAN-SIR'S FOCUS IS MAINLY ON PROSTATE, TESTICULAR, MEN'S BREAST AND COLORECTAL CANCER, AS THESE ARE THE NUMBER ONE FORMS OF "SHY" CANCERS (RARELY SPOKEN ABOUT) AFFECTING MEN, CAN-SIR DOES FOCUS ON OTHER CANCERS AFFECTING MEN AND THEIR CARE-GIVERS ACROSS SOUTH AFRICA. IT HAS TO BE NOTED THAT CAN-SIR'S CAMPAIGNS ARE NOT LIMITED TO MEN ONLY AS CAN-SIR DOES HAVE A HUGE NETWORK FROM WHICH TO PULL RESOURCES.

CAN-SIR IS A REGISTERED AND PROUD MEMBER OF THE INTERNATIONAL "GLOBAL PROSTATE CANCER ALLIANCE. AND ALSO A PARTNER TO MALE CARE INTERNATIONAL AND CANCER BUDDIES.

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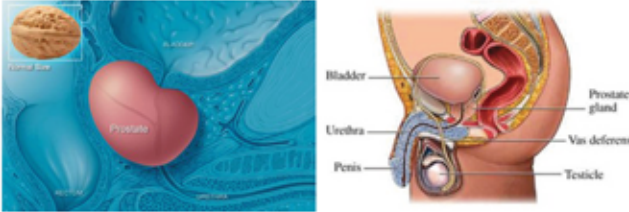


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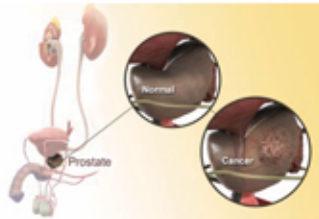
What is the Prostate.

The walnut-sized gland just below the bladder that produces some of the fluid in semen. It wraps around the Urethra, the tube that carries urine out of your body. It forms part of the male reproductive system, secreting seminal fluid. This fluid acts as a nutrient-rich transport medium for sperm, produced by the testes.



About 80% of the ejaculate volume is produced by the prostate. The prostate is under direct influence of the male hormone testosterone.

What is Prostate cancer.



Prostate cancer develops in a man's prostate. Prostate cancer is second only to lung cancer in terms of causing death in men. It occurs most commonly in men above 60 years of age, and it very rarely occurs under the age of 40 years, although that is changing. It is a slow growing but progressive cancer. If it is detected early and managed correctly, the survival rates are high. Currently, the incidence of prostate cancer is rising, but the mortality rate of prostate cancer is decreasing. This paradox is most likely because of more active prostate cancer screening, due to better health awareness by males nowadays.

Incidences and Risk Factors.

As mentioned earlier, Prostate cancer is the second most common cause of death from cancer in men of all ages and is the most common cause of death from cancer in men over age 70.

People who are at higher risk include:

- * African and Coloured men, who are also likely to develop cancer at every age
- * Men who are older than 60
- * Men who have a father or brother with prostate cancer

Other people at risk include:

- * Men exposed to agent orange exposure
- * Men who abuse alcohol
- * Farmers
- * Men who eat a diet high in fat, especially animal fat

A common problem in almost all men as they grow older is an enlarged prostate (benign prostatic hyperplasia, or BPH). This problem does not raise your risk of prostate cancer.

SYMPTOMS OF PROSTATE CANCER

In the early stages, men may have no symptoms. However, later symptoms can include:

- * Delayed or slowed start of Urinary Stream
- * Dribbling or leakage of urine, most often after urinating
- * Slow urinary stream
- * Straining when urinating, or not being able to empty out all of the urine
- * Blood in the urine or semen
- * Bone pain or tenderness, most often in the lower back

Advanced cancer can cause deep pain in the lower back, hips, or upper thighs.

EARLY DETECTION IS KEY TO A HEALTHY AND FRUITFUL LIFE

SCREENING: DRE AND PSA

Your doctor may initially do a digital rectal exam (DRE) to feel for bumps or hard spots on the prostate. A blood test will measure prostate-specific antigen (PSA), a protein produced by prostate cells.

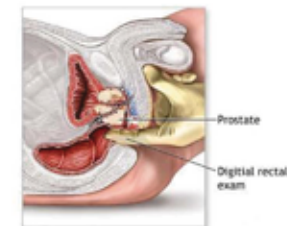
An elevated level may indicate a higher chance that you have cancer, but you can have a high level and still be cancer-free. It is also possible to have a normal PSA and have prostate cancer. A normal PSA level is considered to be under 4 nanograms per millilitre (ng/mL) of blood, while a PSA above 10 suggests a high risk of cancer. But there are many exceptions:

Men can have prostate cancer with a PSA less than 4.

A prostate that is inflamed (prostatitis) or enlarged (BPH) can boost PSA levels, yet further testing may show no evidence of Prostate Cancer at all.

DRE:

Rectum exam:
Feeling for bumps or hard spots on Prostate



PSA:

A blood test will measure prostate specific antigen (PSA), a protein produced by prostate cells.



CHECK UP:

Remember to go for your annual Prostate check up

