

Health Education

For Men



MEN'S HEALTH:

PROSTATE CANCER

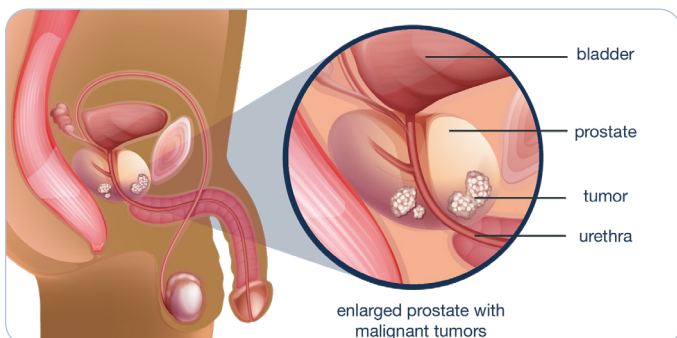
Men over the age of 40 are at a higher risk of developing prostate cancer. Prostate cancer is highly treatable if detected early.

Early signs:

- Most early prostate cancers have no symptoms
- Urinating much more often than normal.
- Having a sensation that you need to urinate immediately.
- Getting up to urinate multiple times during the night.
- Difficulty starting the urine stream.

Prostate Cancer Prevention

- Talk to your doctor about your risk and go for check-up visits
- Eat a healthy diet: Low fat, fresh fruit and vegetables, fish and reduce your amount of alcohol intake
- Maintain a healthy weight and excise
- Stop smoking



TESTICULAR CANCER

Testicular cancer is the most common malignancy of males aged 15 – 35 years.

- The incidence of testicular cancer is on the increase.
- Most testicular cancers present with a painless lump in the scrotum.
- Testicular cancer spreads to the lymph glands around the aorta.
- More than 90% of all patients with testicular cancer of all stages are cured from their disease.

WHEN TO SEE THE DOCTOR

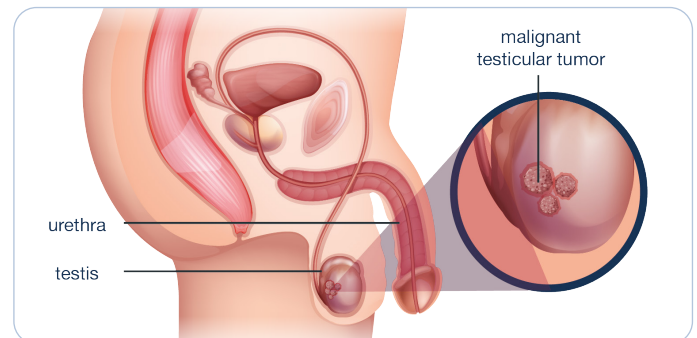
You need to see a doctor urgently in case of:

- A lump or hardness detected in the testicle itself
- Unexplained enlargement of the testicle
- Unexplained pain, ache or swelling within the scrotum

High-risk patients need to be especially vigilant in the case

of:

- Undescended testes
- Previous history of testicular tumour
- Brother or father with testicular tumour
- Infertile men



References:

1. <https://www.menshormonalhealth.com>