

Testicular and Prostate cancers

<http://www.cansa.org.za/mens-health/>

1. Prostate Cancer:

The lifetime risk for Prostate Cancer in men in South Africa, is 1 in 19, according to the 2012 National Cancer Registry.

Men need to go for simple screening tests to detect Prostate Cancer (**see guidelines below**). Screening results in early detection, enabling more effective treatment and a better chance of recovery:

- Routine Prostate Specific Antigen (PSA) testing, annually, **from age 40** for all men at high risk of prostate cancer. This includes those men with more than one first-degree relative who had prostate cancer at an early age (younger than 65 years)
- Routine Prostate Specific Antigen (PSA) testing, annually, as **from age 45** for all males who are at risk of prostate cancer. This includes men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than 65 years)
- Routine Prostate Specific Antigen (PSA) testing, at least once every two (2) years, for **all males from age 50**

Reduce Risk Through Screening:

Although most enlargements of the prostate are not cancerous, regular screening is essential.

Prostate Specific Antigen (PSA) Test

Prostate Specific Antigen (PSA) is a protein produced by both cancerous (malignant) and non-cancerous (benign) prostate tissue. High PSA levels may indicate inflammation of the prostate or even cancer.

A blood test or finger prick test can establish if PSA levels are raised.

Digital Rectal Exam

Men **aged 50** (40 – 45 for those at high risk, such as men with a family history of Prostate Cancer) should be **examined annually**.

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

Learn more about Prostate Cancer, symptoms, screening and reducing risk:

- CANSA Men's Health Awareness Bookmark: [English](#)

- [Prostate Cancer Fact Sheet](#) (NCR 2012)
- [What is Prostate Specific Antigen \(PSA\) & How to Interpret Test Results](#)
- CANSA's [Protocol for Prostate Specific Antigen Screening Test](#)
- [Role of PSA Screening on Prostate Cancer Diagnosis & Treatment](#)

Testicular Cancer:



How to do a Testicular Self-Examination... – source self exam graphic:
<http://www.testicularcancerawarenessfoundation.org/>

The lifetime risk for Testicular Cancer in men in South Africa, is 1 in 1 050, according to the 2012 National Cancer Registry.

Most Testicular Cancers can be detected early – a lump or swelling may be the first sign that a medical practitioner should be consulted.

Reduce Risk through Self-Examination

It's important for young men to **start testicular self-examinations soon after puberty**.

Men from the **age 15 to 39 years** need to examine their testicles **each month**, preferably after a bath or shower, to feel for any pea-sized lumps that could indicate Testicular Cancer.

Learn more about Testicular Cancer, symptoms, screening, self-examination and reducing risk:

- Infographic – **What You Need to Know About Testicular Cancer:** English | Afrikaans
- **Watch Slideshow** or download pdf: English | Afrikaans
- CANSA Leaflet – **Self-examination & FAQs:** [English](#) | [Afrikaans](#)
- **How to do a Testicular Self-Examination:** [English](#) | [Afrikaans](#)