



Early detection of cancer for men



One in two Queensland men will develop cancer before the age of 85.

Bowel cancer

Bowel cancer is the second most common cause of cancer deaths in Australia. However, if detected early, approximately 90 per cent of cases can be effectively treated.

The National Bowel Cancer Screening program invites eligible Australians aged between 50-74 to complete a free screening test in the privacy of their own home. If you are over the age of 50, Cancer Council Queensland recommends you are screened for bowel cancer with a faecal occult blood test (FOBT) every two years.

For more information contact the National Bowel Cancer Screening Program on **1800 118 868** or cancerscreening.gov.au/bowel

Prostate cancer

Prostate cancer is the most common cancer in Australian men.

There is no single, simple test to detect prostate cancer. The risk of getting prostate cancer increases with age. Two commonly used tests are the prostate specific antigen (PSA) blood test and the digital rectal examination (DRE). These tests used separately or together, only show changes in the prostate, they do not diagnose cancer. If either test shows an abnormality, you will be referred to a urologist for further tests.

Talk to your GP about prostate cancer and make an informed decision about whether being tested for prostate cancer is right for you.

Testicular cancer

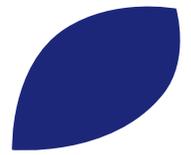
Testicular cancer is not a common cancer, but it is the second most commonly diagnosed cancer among young men aged 30 to 39, after skin cancer.

There are no screening tests, however it has one of the highest survival rates of any cancers. An individual's prognosis depends on the type and stage of cancer as well as their age and general health at the time of diagnosis. Be aware of what is normal for you and if you see or feel any changes, such as swelling, a lump, or a change in the size or shape of the testicle see your doctor for a check-up.

Skin cancer

Queensland has the highest rates of skin cancer in the world, so it's important to be SunSmart all year round.

Nearly all skin cancers can be cured if detected and treated early. Remember to get to know your body and check your skin regularly. See your doctor if you notice a freckle, mole or lump that is new or changing in size, shape or colour, or have a sore that does not heal over four to six weeks. The earlier cancer is detected, the better the outcomes and long-term survival.

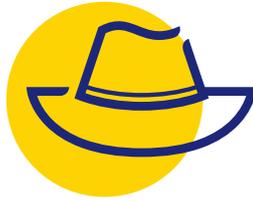


Simple steps to reduce your cancer risk:



DON'T SMOKE

Call Quitline
on 13 78 48



BE SUNSMART

Slip, Slop, Slap,
Seek and Slide



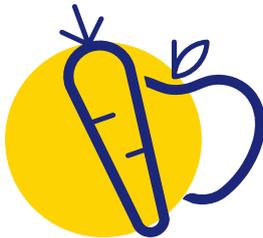
MOVE YOUR BODY

Be physically active
every day



STAY IN SHAPE

Aim for a healthy
body weight



EAT FOR HEALTH

Eat a variety of foods
and choose plenty
of fruit, vegetables
and wholegrains



LIMIT ALCOHOL

Try alcohol free
days and
non-alcoholic
drinks



KNOW YOUR BODY

and see your doctor
if you notice
any changes



PARTICIPATE

in cancer
screening

For more information call **13 11 20** or visit **cancerqld.org.au**