



MBTM
MORE BALLS THAN MOST®

SA men have a
1 in 24 lifetime risk
of prostate cancer

PROSTATE CANCER

You have an increased risk of developing prostate cancer if ...

- You are older than 40
- You consume alcohol
- Lack of exercise
- Family history

Symptoms

- Difficulty urinating
- Difficulty to start/ stop the flow of urine, or the flow starts/ stops by itself/ dribbling urine
- A weak flow of urine, or a pain or burning sensation during urination
- Need to urinate often, especially at night (nocturnal)
- Difficulty getting/ maintaining an erection
- Blood in the urine or semen
- Painful ejaculations
- Pain in the lower back, hips, or upper thighs
- Urinary incontinence
- Unexpected weight loss
- Anaemia
- Fatigue



How to reduce your risk

- Go for regular screening
- Don't smoke
- Don't Drink
- Avoid being overweight
- Exercise for at least 30 mins everyday
- Eat at least 5 portions of fresh vegetables and fruit (in season) daily
- Drink enough clean safe water

Prostate Specific Antigen (PSA)

Blood is tested for PSA levels, a protein produced by the prostate. High levels may indicate inflammation of the prostate, or even cancer

Digital Rectal Exam

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



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WHAT YOU NEED TO
KNOW ABOUT
TESTICULAR CANCER

TESTICULAR CANCER

Self Examination

- Examine your testicles after taking a warm bath or shower
- Stand in front of a mirror and look for any signs of swelling
- Support your testicles with one hand and feel each one with your other hand
- Roll the testicles between the thumb and fingers, feeling for any lumps - its normal to feel soft chord-like structure on the top and back of each testicle (lumps can be as-small-as a grain of rice and are usually quite firm like a hard rubber)
- Also check for areas that feel tender

Signs and Symptoms

- A painless swelling or lump in one or both testicles
- Pain or feeling of heaviness in a testicle
- An ache in the lower abdomen, back or groin

*If diagnosed early Testicular Cancer
can be treated effectively via
Surgery
Radiation
Chemotherapy*



Risk Factors

- Babies born with undescended testicles
- Congenital (born with) abnormalities of the testicle, penis, kidney and inguinal hernias (hernia in groin area)
- A family history of testicular cancer
- Using marijuana (dagga or cannabis)

**TC is one of the most
common cancers in
males ages 15-39**

**Consult your doctor if
any abnormalities are
detected**

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