



ELDERCARE PROGRAMME

PROSTATE CANCER

Prostate cancer is one of the most common cancers found in men. The prostate is a gland located just below the bladder within the male reproductive system.

NEWSLETTER

28TH EDITION | NOVEMBER 2016

This sheet is for your general information and is not a substitute for medical advice. You should contact your physician or other healthcare provider with any questions about your health, treatment or care.

Prostate cancer or carcinoma of the prostate is the disease in which cells in the prostate gland are abnormal and start growing uncontrollably, forming tumours.

What are the causes and risk factors of prostate cancer?

- » **Age** – evidence shows that prostate cancer is rare amongst men under the age of 45 years but is common amongst men over the age of 50 years.
- » **Genetics** – studies further show that men with an identical twin brother or a father who has/had cancer are at twice the risk of developing cancer compared to men who have no family history of prostate cancer.

- » **Obesity** – studies show that there is a link between obesity and raised prostate cancer risk, as well as a high risk of metastasis (spread of cancer) and death among obese people who develop cancer.
- » **Ethnicity** – African men are more likely to develop the disease than men of other races and ethnicities.



← Continued from previous page

What are the symptoms of prostate cancer?

Prostate cancer may not show signs and symptoms at an early stage. Nevertheless prostate cancer that is at an advanced stage has the following symptoms:

- » Trouble urinating
- » Decreased force in the stream of urine
- » Blood in the semen
- » Discomfort in the pelvic area
- » Bone pain
- » Erectile dysfunction.



Prostate cancer that is detected while it is still confined in the prostate gland has a better chance of successful treatment. You are encouraged to request your healthcare provider to include a prostate screening as part of your annual physical check-up. You and your healthcare provider can decide what is best for you. **Your medical scheme allows for one prostate specific antigen (PSA) per annum for male beneficiaries 50 years old and older.** Benefits for male beneficiaries that are younger are subject to the healthcare provider's letter of motivation and prior approval.

REFERENCES

[HTTP://WWW.HEALTHLINE.COM/HEALTH/PROSTATE-CANCER/VITAMIN-D-AND-PROSTATE-CANCER](http://www.healthline.com/health/prostate-cancer/vitamin-d-and-prostate-cancer)
[HTTP://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/PROSTATE-CANCER/BASICS/SYMPTOMS/CON-20029597](http://www.mayoclinic.org/diseases-conditions/prostate-cancer/basics/symptoms/con-20029597)

