

BOWEL CANCER

Bowel Cancer is Cancer that starts in the colon (large bowel) or back passage (rectum). It is also known as Colorectal Cancer.

SIGNS AND SYMPTOMS OF BOWEL (COLORECTAL) CANCER IN MEN/WOMEN

- bleeding from the back passage (rectum) or blood in your poo.
- a change in your normal bowel habit, such a looser poo, pooing more often or constipation.
- a lump that your doctor can feel in your back passage or tummy abdomen), more commonly on the right side.
- a feeling of needing to strain in your back passage (as if you need to poo), even after opening your bowels.
- pain in your abdomen or back passage, tiredness and breathlessness caused by a lower than normal level of red blood cells (anaemia).
- losing weight



WAYS OF REDUCING YOUR RISK OF A CANCER DIAGNOSIS:

Whilst cancer still exists it is vitally important to look after and make lifestyle choices to reduce your risk.

These include:

- A well-balanced Healthy Diet & Nutrition
- Stop Smoking
- Reduce or stop intake of Alcohol
- Maintain a Healthy Weight
- Exercise Regularly
- Limited exposure to Toxic Chemicals

You know your body better than anyone if you feel that something isn't right, we would advise you to seek medical advice ignoring this wont make it go away, early detection saves lives!

MALE BREAST CANCER

Male Breast Cancer (use a half pink half blue ribbon)
It's important to understand the risk factors for male breast cancer — particularly because men are not routinely screened for the disease and don't think about the possibility that they'll get it. As a result, breast cancer tends to be more advanced in men than in women when it is first detected.

A number of factors can increase a man's risk of getting breast cancer:

- Growing older: This is the biggest factor. Just as is the case for women, risk increases as age increases. The average age of men diagnosed with breast cancer is about 68.
- High estrogen levels: Breast cell growth — both normal and abnormal — is stimulated by the presence of estrogen. Men can have high estrogen levels as a result of:
 - taking hormonal medicines
 - being overweight, which increases the production of estrogen
 - having been exposed to estrogens in the environment (such as estrogen and other hormones fed to fatten up beef cattle, or the breakdown products of the pesticide DDT, which can mimic the effects of estrogen in the body)
 - being heavy users of alcohol, which can limit the liver's ability to regulate blood estrogen levels
 - having liver disease, which usually leads to lower levels of androgens (male hormones) and higher levels of estrogen (female hormones). This increases the risk of developing gynecomastia (breast tissue growth that is non-cancerous) as well as breast cancer.

IF YOU NOTICE ANY PERSISTENT CHANGES TO YOUR BREASTS, YOU SHOULD CONTACT YOUR DOCTOR. HERE ARE SOME SIGNS TO WATCH FOR:

How to perform a male breast self-exam:

- Check each breast one at a time.
 - Use your right-hand fingers to check your left breast and your left hand fingers to check your right breast.
 - With your fingers flat against the breast, press firmly in small, clockwise circles.
 - Start at the outermost top edge of your breast and spiral towards the nipple.
 - Feel for hard lumps or bumps in your breast. Be certain to cover all parts of your breast.
 - Gently squeeze both nipples and look for any discharge.
- The best time to perform a male breast self-exam is during or right after a warm shower or bath as warm, soapy water relaxes and smoothes the skin, making the exam easier to perform.

The Pink Ladies would advise that you seek medical advice if you have any of the above symptoms.



MALE CANCER AWARENESS



PROSTATE



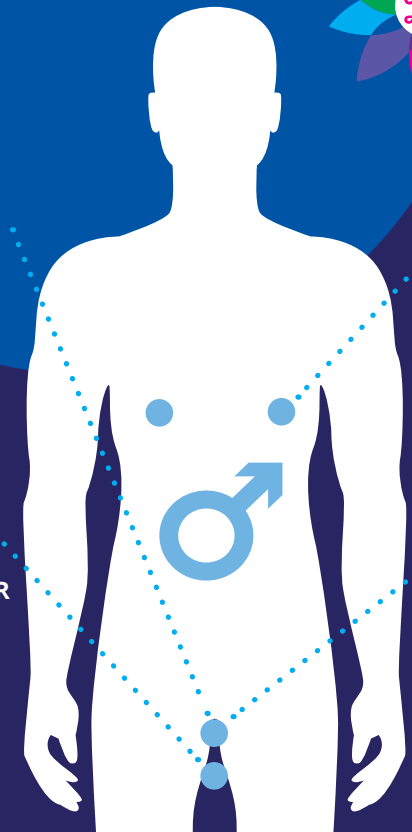
BREAST



TESTICULAR



BOWEL



GET TO KNOW THE SIGNS AND SYMPTOMS

For further information please contact us ...

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TESTICULAR CANCER

It's best to do a Testicular Self Examination during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

- Examine one testicle at a time. Use both hands to gently roll each testicle (with slight pressure) between your fingers. Place your thumbs over the top of your testicle, with the index and middle fingers of each hand behind the testicle, and then roll it between your fingers.
- You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, and slightly tender to pressure, and is located at the top of the back part of each testicle. This is a normal lump



WHAT TO DO IF YOU NOTICE CHANGES

Go to your doctor if you notice any changes at all only a doctor can tell you what's wrong (if anything) and if needed send you for further investigation.

Remember that one testicle (usually the right one) is slightly larger than the other for most guys — this is also normal.

When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.

If you notice any swelling, lumps, or changes in the size or colour of a testicle, or if you have any pain or achy areas in your groin, let your doctor know right away.

Lumps or swelling may not be cancer, but they should be checked by your doctor as soon as possible. Testicular cancer is almost always curable if it is caught and treated early.

PROSTATE CANCER

WHAT IS THE PROSTATE?

The prostate is a gland found at the base of the bladder wrapped around the tube (called the urethra) which carries urine out of the penis. It is about the size of a golf ball and its job is produce fluid which carries sperm.

THINGS TO LOOK OUT FOR

The symptoms for prostate cancer can be similar to those found in men suffering from an enlarged prostate (see checklist) but for most men there are no symptoms. Therefore, it is important that you discuss any symptoms you have with your doctor.

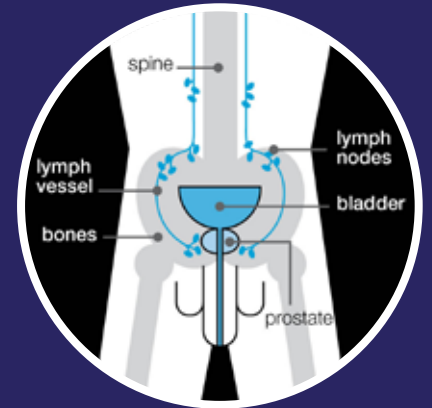
Your doctor may recommend a blood test known as PSA (Prostate Specific Antigen). Higher levels MAY be associated with prostate cancer.

ASK YOURSELF THE FOLLOWING QUESTIONS

- Do you sometimes pass urine when you don't expect to?
- Do you pass urine three or more times during the night?
- Are you bursting to go and then find you barely produce a trickle?
- Do you strain to pass urine, or does it take a long time to start?
- When you pass urine are you stopping and starting?
- Do you have any discomfort such as pain or a burning sensation when you pass urine?
- Does your bladder feel full after you've finished?
- Is there any dribbling after you've stopped?
- Have you ever seen blood in your urine?

If you answered yes to any of the above Pink Ladies would recommend you see your GP.

PROSTATE CANCER



THINGS TO REMEMBER ABOUT PROSTATE CANCER

- Prostate cancer is now easier to detect and treat but it is important that men come forward as early as possible.
- Prostate cancer responds well to treatment and may be cured when localised.
- For many men there are no symptoms to alert them to prostate cancer, therefore it is vital for men to be aware of issues around prostate health.

*** It is important to note that the majority of prostate problems are not cancer.**