

HEALTH TIP

NOVEMBER

MEN'S HEALTH

2016



Men's Health Month

Men - is it time you visited your GP? Learn the health checks you need.

Prostate Cancer: Develops in the prostate (a small walnut sized gland located below the bladder and surrounding the urethra). Consult your GP if you experience any of the following: urinary issues (slow flow, hesitancy, frequency, urgency), blood in the urine or semen, reduced ability to get an erection or painful ejaculation. **Men should visit the GP once every year for a routine prostate exam. It is especially important once you reach 50.**

Testicular Cancer: Testicular cancer starts as an abnormal growth or tumour in one or both testicles. Fortunately, it is highly treatable and has a very good cure rate. The best way to identify testicular cancer is with a regular self-examination, ideally performed during a shower. **A monthly self-examination is your best bet. If you notice something unusual, contact your GP.**



Bowel Cancer: Bowel cancer is highly preventable, but it remains the second most common cause of cancer-death. Many people don't experience symptoms until the cancer is advanced. **Cancer Council Australia recommends that Australians aged 50 and over complete a faecal occult blood test (FOBT) every two years. Know your family history. and if you're under 50 and experience symptoms, a visit to your GP is the best place to start.**

Skin Cancer: Checking your skin regularly for skin cancer can save your life. Rates of melanoma are increasing, but death rates remain low because of early detection. Watch out for spots that are new or have changed in colour, size or shape, or non-healing sores. **Know your skin, and visit your GP if you notice any changes.**

Lung Cancer: Common symptoms of lung cancer include: a persistent cough or a new or changed wheeze, breathlessness, blood-streaked phlegm and chest pains when coughing or breathing. **Visit your GP if you notice any symptoms.**