



# Finding cancer early in men

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

## **Bowel cancer**

Everyone between the age of 50 - 74 years should participate in the National Bowel Cancer Screening program and complete a faecal occult blood test (FOBT) every two years to check for bowel cancer. Eligible people without symptoms are mailed a free kit and can do the test at home.

Some people have known risk factors that put them at increased risk. If you do, talk to your doctor about regular surveillance. For more information contact the National Bowel Cancer Screening Program on **1800 118 868** or **[cancerscreening.gov.au/bowel](http://cancerscreening.gov.au/bowel)**

## **Prostate cancer**

There is no single, simple test to detect prostate cancer. The risk of getting prostate cancer increases as a man ages. The tests available to find prostate cancer early are the prostate specific antigen (PSA) blood test and the digital rectal examination (DRE), however these tests do not always reliably indicate the presence of cancer.

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 very common form of cancer, but it is one of the most common cancers in males aged 15 to 45 years. There are no screening tests, however it is one of the most curable cancers if found early. Be aware of what is normal for you and if you see or feel any changes, see your doctor immediately

## Skin cancer

Queensland is the skin cancer capital of the world, so it's important to be SunSmart all year round. Nearly all skin cancers can be cured if detected and treated early. It is important to develop a regular habit of checking your skin for new spots and changes to existing freckles or moles. Although you may notice some of these changes, it does not necessarily mean that you have skin cancer, however it is important that you see a health professional to have them investigated further.

**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 QUIT (13 7848)
- **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

**For more information call 13 11 20 or visit [cancerqld.org.au](http://cancerqld.org.au)**

**Know your body and see your doctor if you notice any changes.**

