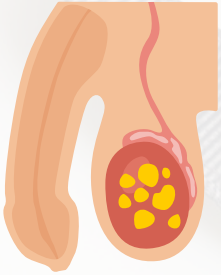


MEN'S CANCER

FACTSHEET

One Place East
Where disability matters



TESTICULAR CANCER

KNOW THE FACTS

- World's most common cancer amongst men aged 15-39
- It is rare - less than 1% of all male tumors
- 95% survival rates but can cause long-term effects
- Can affect any men

KNOW THE SIGNS

- Lump, swelling or your testicle(s) getting bigger
- Ache in your testicle(s) or scrotum feeling heavy or hard
- Pain in your back or lower tummy
- Cough, difficulty breathing or swallowing, sore or swollen chest
- Unexpected weight loss

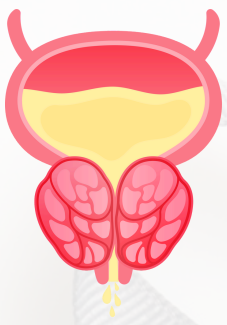
KNOW WHAT TO DO

- Check your testicles regularly to know what's normal for you and notice any changes in the size, look or feel.
- If any concerns, talk to your GP who may refer you for tests



SIGNS

DO'S



PROSTATE CANCER

KNOW THE FACTS

- Prostate cancer is the most common cancer in men
- 140 men diagnosed with prostate cancer every day
- 1 in 8 men will be diagnosed with it in their lifetime
- Mostly affects men over 50, black men or men with family history of prostate cancer

KNOW THE SIGNS

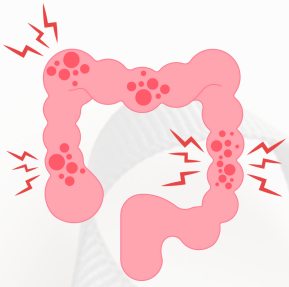
- Peeing more
- Frequent nightly toilet trips
- Difficulty peeing
- A change in your flow when you pee

KNOW WHAT TO DO

- If any of these signs and symptoms sound familiar then you should take a PSA test. Chances are it's not prostate cancer but it's always best to know for sure.
- If you live in North East London, get a free PSA kit today and test yourself in the comfort of your home. To order one, and to find out more about prostate cancer visit <https://nelca.mypsatests.org.uk/>
- A raised PSA level does not always mean you have cancer. Two out of three men with a raised PSA level don't have prostate cancer
- If you have any concerns, talk to your GP who may refer you for tests



DO'S



BOWEL CANCER

KNOW THE FACTS

- One in 15 men will be diagnosed with bowel cancer in their lifetime
- 56% of bowel cancers in the UK are in Men
- Men are far less likely to get screened for it than women
- 63% of bowel cancers found by screening are at an early stage
- Survival rates are greatly improved if you're diagnosed early

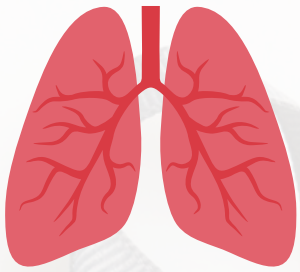
KNOW THE SIGNS

- A change in your bowel habit - pooing more often or is your poo looser or runnier than usual
- Blood in your poo - If you don't have piles (hemorrhoid's) this needs investigating
- Discomfort – stomach pain or discomfort brought on by eating

KNOW WHAT TO DO

- If any concerns, talk to your GP who may refer you for tests
- Bowel screening is for anyone aged 50-74
- People should receive a bowel cancer screening kit in the post to complete at home
- Here is a video about the kit <https://youtu.be/Hb7euOEXEsc?si=cVL9EovsQVuJFib0>
- If you haven't received a kit but believe you are eligible call the screening helpline on 0800 707 60 60





LUNG CANCER

KNOW THE FACTS

- Lung cancer affects men and women equally
- Both smokers and ex-smokers are at risk
- 25,300 men are diagnosed with lung cancer year
- 45% are aged 75 and older
- 47,000 people are diagnosed with lung cancer year

KNOW THE SIGNS

- A cough that lasts for three weeks or more
- Chest infections that keep coming back
- Coughing up blood
- Pain when breathing or coughing
- Breathless even when not exercising
- Often feeling tired or lacking energy
- Loss of appetite or unexplained weight loss

KNOW WHAT TO DO

- If any concerns, talk to your GP who may refer you for tests
- A Lung Health Check is being offered free to people aged 55-74 who have ever smoked, so if you get an invite, please join in



DO'S



STOMACH CANCER



KNOW THE FACTS

- 54% of stomach cancers are preventable
- 1 in 76 men in UK will be diagnosed with stomach cancer
- 6,500 are diagnosed with stomach cancer every year

KNOW THE SIGNS

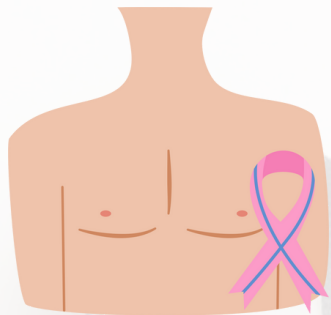
- Heartburn or acid reflux
- Symptoms of indigestion, such as burping a lot
- Feeling tired or having no energy
- Loss of appetite or losing weight without trying to
- Having problems swallowing (dysphagia)
- A hoarse voice or a cough that's not getting better
- Pain in your throat or the middle of your chest, especially when swallowing



DO'S

KNOW WHAT TO DO

- If you have any concerns, talk to your GP who may refer you for tests



BREAST CANCER IN MEN



KNOW THE FACTS

- Breast cancer can develop in men, but this is rare.
- There are around 370 men diagnosed each year in the UK
- Less than 1 in 100 (less than 1%) breast cancer cases in the UK are men



KNOW THE SIGNS

- The most common symptom is a painless lump under the nipple
- A lump or swelling in your chest or armpit
- Discharge or bleeding from the nipple
- Changes in the size or shape of either side of your chest
- Sores or ulcers on your chest
- A change in the shape or look of your nipple, such as it turning inwards (inverted nipple) or a rash on it (may look like eczema)



KNOW WHAT TO DO

- Check your chest regularly to know what's normal for you and notice any changes
- If any concerns, talk to your GP who may refer you for tests
- Some of these symptoms can be caused by other conditions
- Having the symptoms does not definitely mean you have breast cancer but it's important to get checked by a GP



LIVER CANCER



KNOW THE FACTS

Anyone can get primary liver cancer. You might be more likely to get it if you:

- Are over 60 – it's most common in people over 85
- Are a man
- Have certain medical conditions, such as hepatitis, liver cirrhosis, gallstones, diabetes, a parasite in the liver (liver flukes) or HIV
- Have a brother, sister or parent who had primary liver cancer
- Are at risk of liver disease due to having a fatty liver, are overweight, or consume over 14 units of alcohol per week



KNOW THE SIGNS

- The whites of your eyes turning yellow or your skin turning yellow
- You have itchy skin, darker pee and paler poo than usual
- Loss of appetite or losing weight without trying to
- Feeling tired or having no energy
- A lump in the right side of your tummy



KNOW WHAT TO DO

Ask for an urgent GP appointment or get help from NHS 111 if:

- ·your skin or the whites of your eyes turn yellow
- ·you're being sick for more than 2 days

See a GP if you have:

- ·a lump in your tummy
- ·lost a lot of weight without trying
- ·symptoms of liver cancer that get worse or do not get better after 2 weeks

Those aged between 35 and 70 with one or more of the following eligibility criteria are encouraged to come along for Community Liver Health Checks.

- Past or current history of blood-borne virus (Hepatitis B or Hepatitis C)
- Diabetes or Pre-diabetic
- Known or suspected fatty liver
- Overweight
- Alcohol intake over 14 units per week (equivalent to 6 pints of beer or cider, or 1.5 bottles of wine)

North East London Liver Health Community Events can be found here
<https://www.nelcanceralliance.nhs.uk/community-liver-health-checks>



MORE INFORMATION AND SUPPORT

If you are worried about cancer, talk to someone you can trust like a friend, family member, your GP or someone at OPE. Don't ignore it. we can fight cancer together!

If you require any information about cancer screening visit <https://www.nelcanceralliance.nhs.uk/>
Or call The NHS Screening Helpline on 0800 707 60 60

You can find more top tips to lower your risk of cancer with lots of videos and stories here:
www.nelcanceralliance.nhs.uk/top-tips-lower-your-risk-cancer

You can find out about preventing cancer and how to access screening:
www.nelcanceralliance.nhs.uk/preventing-cancer



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