



Cancer
July 2009



July 2009						
M	T	W	T	F	SA	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Statistics

- Cancer is a major burden on our community – 1 in 3 men and 1 in 4 women in Australia will be directly affected by cancer in the first 75 years of life
- It is estimated that in 2006 there were 106 000 new cases of cancer diagnosed in Australia (60 600 males and 45 400 females)

Prostate Cancer

Prostate cancer is the second most prevalent cancer in Australia, coming second only to skin cancer. The prostate gland makes and stores seminal fluid. The cause of prostate cancer is unknown. However your chances of developing prostate cancer increase with being over the age of 50, having close relatives who have had prostate or breast cancer, ethnicity, a diet high in fat, and being overweight or obese.

The signs and symptoms include:

- Pain on urination, bowel movement and/or ejaculation
- Lower back and abdominal pain
- Incontinence, anemia, lethargy
- Unintentional weight loss
- Blood in the urine, bone pain or tenderness
- Excessive urination or urinary hesitancy, dribbling or retention



If you experience any of the above signs and symptoms it is important you see your treating GP immediately.

It is important to be aware, however, that the signs and symptoms often may not present themselves until the very late stages of prostate cancer or when the cancer has spread to other parts of the body.

If you are over 50 years of age or are

concerned about being at risk of prostate cancer see your treating GP to discuss prostate cancer screening options.

It is important that you, as the patient, are fully informed of the potential benefits, risks and uncertainties of prostate cancer screening prior to making your own informed decision to undergo testing.

Testicular Cancer

Testicular cancer is the second most common cancer in young men aged 18 to 39. Research has found that there is a particular gene carried within the family that slightly increases the risk of testicular cancer. Testicular cancer is highly curable when found early.

The signs and symptoms include:

- Lump, hardening, or fluid build up in scrotum

- Abnormal sensitivity of the scrotum (numbness or pain)
- Loss of sexual activity or sexual withdrawal
- Dull ache in the lower abdomen or groin
- Size change in one testicle
- Blood in semen
- General weak and tired feeling

There are a number of reasons for changes in the testicles. Most

will turn out not to be cancer but all of them need to be checked.

If you become aware of any changes in your testicles from what is normal for you, tell your doctor without delay.

Remember, the earlier cancer is detected the simpler the treatment is likely to be and the cancer cured.

Carepoint Health Promotion & Training have services to assist individuals in adopting healthy lifestyle changes:
Scale Down – weight loss program • Smoking cessation course
Gender health education sessions • Alcohol education sessions
Nutrition education sessions

If you would like further information on these services please do not hesitate to contact us on (08) 9321 7460.

Calendar Dates

July 12 – 18th National Diabetes Week

Diabetes WA

www.diabeteswa.com.au

P: 08 9325 7699

Important Websites

www.cancercouncil.com.au

www.cancer.org.au

www.hcd2.bupa.co.uk

www.cancerbackup.org.uk

www.cancerinstitute.org.au

weight loss
signs
changes
prevent

Breast Cancer

Breast cancer is usually found in the ducts of the breast. Like all cancers the earlier it's diagnosed and treated the less chance it has in spreading. However, the early stages of breast cancer often have no symptoms, which is why self-examination is vital.

The signs and symptoms include:

- Hard or uneven edged lump in the breast or armpit
- Unexplained fluid from the nipple
- Change in size, shape or feel of the breast

- Skin ulcers
- Swelling of one arm
- Weight loss

Screening mammograms are performed for the purpose of detecting breast cancer at an early stage. Routine mammographic screening is recommended every two years for women aged between 50 – 69 years. Women who are at a higher risk may need to be screened more regularly than this. Speak to your GP if you have a family history of breast

cancer and are unsure of your risk.

Women aged 40 years or over are eligible to have a free screening mammogram at BreastScreen WA every two years. Younger women can get breast cancer too and although mammographic screening is not recommended for women under 40 years of age, regular self breast examinations can help identify abnormalities in the breast. Your doctor is also able to perform a breast examination.

Colorectal (Colon) Cancer

Colorectal cancer includes bowel, rectum and appendix cancer. Colorectal cancer causes 655,000 deaths worldwide per year making it the third most common form of cancer.

Risk factors for colon cancer include increasing age, polyps, genetics, history of cancer, smoking, poor diet, physical inactivity and alcohol. There are often no symptoms until relatively advanced.

The signs and symptoms include:

- Change in bowel habits
- Frequency, quality and consistency of stools
- Stools with blood or mucus
- Reduction in diameter of feces
- Bowel obstruction (rare)

Screening helps find bowel cancer early when treatment has the best chance of success. If you are over 50, national health guidelines recommend a screening test every two years. Regular screening is important

because you can have bowel cancer without any noticeable symptoms.

People turning 50, 55 or 65 between 1 July 2008 and 31 December 2010 will be sent a free Faecal Occult Blood Testing (FOBT) kit in the mail as part of the Australian Government's National Bowel Cancer Screening Program.

For further information about the national program call **1800 118 868** or visit www.cancerscreening.gov.au

Minimising Your Risk

Choosing a healthy lifestyle will reduce your risk of some cancers. At least one in three cancer cases is preventable and the number of cancer deaths could be reduced significantly by choosing a cancer smart lifestyle. Five lifestyle steps to minimise your risk of cancer include:

1. Stop smoking

When you inhale tobacco smoke more than 4000 chemicals are taken into the body. Of these, 60 chemicals are known carcinogens; that is they are cancer causing agents.

Once you stop smoking the benefits are almost immediate and the levels of some of these chemicals in your body begin to reduce dramatically and within a matter of hours. After 10 years your risk of developing lung cancer is reduced by half!

2. Engage in regular physical activity

Evidence suggests that regular physical activity is an important factor in reducing the risk of developing some cancers, particularly bowel and breast cancer. The Australian Physical Activity Guidelines for adults recommend 30 minutes of moderate intensity physical activity on all or most days of the week for good health.

3. Avoid alcohol

Alcohol is a toxic substance and there is increasing evidence that alcohol increases the risk of many cancers. Even drinking small amounts of alcohol can increase your risk. It is recommended that alcohol intake is limited to reduce the risk of developing cancer.

4. Maintain a healthy weight

Being overweight not only increases

your risk for cancer but also increases your risk of developing a whole range of chronic conditions. The key to a healthy weight is ensuring you do not consume more calories than you are actually burning up or expending. Regular exercise in combination with a healthy well balanced diet should help you to lose excess weight and maintain a healthy weight.

5. Eat a healthy well balanced diet

Enjoy various foods from the five major food groups. Also enjoy the protective qualities of antioxidants found in fruit, vegetables, herbs, spices, nuts and grains. Antioxidants have been found to stabilise the free radicals (unstable molecules that damage cells which may lead to cancer) and prevent any damage the free radicals may otherwise cause.

www.carepoint.com.au