

PROSTATE CANCER AWARENESS

MEN'S HEALTH MATTERS!

Prostate Cancer begins in the prostate gland and is most common in men over 50.

Risk factors: Over 50 years of age, a family history of prostate cancer, high-fat diets, and men of African-black descent have higher risks.

CHECK YOUR SYMPTOMS



Frequent urination or difficulty starting/stopping



Blood in urine or semen



Pain in the pelvic area or back



Erectile Dysfunction

Screenings with your doctor should be done between ages 45-55 with PSA blood tests and DRE exams (Digital Rectal Exam).

STEPS TO STAY HEALTHY



Follow a **low-fat diet**



Get in **regular exercise**



Regular screenings can improve outcomes



Maintain a **healthy weight**



Limit alcohol consumption



WE ARE WITH YOU!

Speak with us if you have questions or need guidance on your next steps in your journey to prevention or treatment. Our Oncology Management Programme provides comprehensive care and our team of healthcare experts are eager to support you.

Oncology Programme: care@rxhealth.co.za or 0861 083 084



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