

MBTM
MORE BALLS THAN MOST®

SA men have a
1 in 24 lifetime risk
of prostate cancer

PROSTATE CANCER

You have an increased risk of developing prostate cancer if ...

- You are older than 40
- You consume alcohol
- Lack of exercise
- Family history

Symptoms

- Difficulty urinating
- Difficulty to start/ stop the flow of urine, or the flow starts/ stops by itself/ dribbling urine
- A weak flow of urine, or a pain or burning sensation during urination
- Need to urinate often, especially at night (nocturnal)
- Difficulty getting/ maintaining an erection
- Blood in the urine or semen
- Painful ejaculations
- Pain in the lower back, hips, or upper thighs
- Urinary incontinence
- Unexpected weight loss
- Anaemia
- Fatigue



How to reduce your risk

- Go for regular screening
- Don't smoke
- Don't Drink
- Avoid being overweight
- Exercise for at least 30 mins everyday
- Eat at least 5 portions of fresh vegetables and fruit (in season) daily
- Drink enough clean safe water

Prostate Specific Antigen (PSA)

Blood is tested for PSA levels, a protein produced by the prostate. High levels may indicate inflammation of the prostate, or even cancer

Digital Rectal Exam


The doctor examines the prostate through the rectum to check for any prostate lumps or abnormalities


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