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Cancer
Society
Malaysia

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BRINGING EDUCATION AND UNDERSTANDING TO YOU



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Bringing Education And Understanding To You

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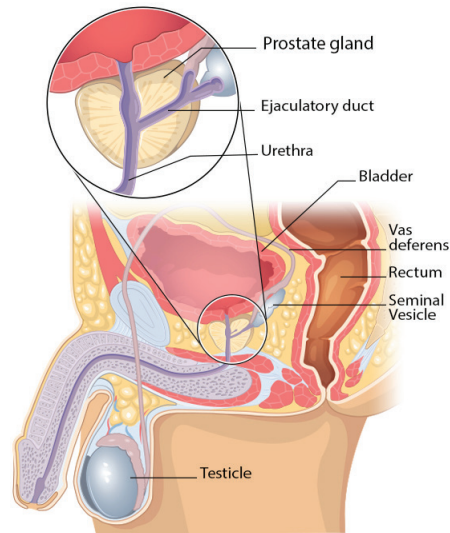
How do I protect myself from prostate cancer?

08

How do I protect myself from cancer in general?

I What is prostate cancer?

- **Prostate cancer** occurs when cells in the prostate grow out of control and start changing in an abnormal way.¹



- The **prostate** is an organ **found only in men**.²
- The **prostate** is a tiny, rubbery organ about the size of a ping-pong ball, located **below the bladder** and **in front of the rectum**.^{3,4}



References:

1. Centers for Disease Control and Prevention. What is prostate cancer? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/what-is-prostate-cancer.htm
2. Queensland Government. Queensland Health. The Prostate [Internet]. 2017 [cited on 2022 Oct 25]. Available from: <http://conditions.health.qld.gov.au/HealthCondition/condition/16/201/606/the-prostate>
3. Prostate Cancer Foundation. Prostate Gland [Internet]. [cited 2022 Oct 25]. Available from: <https://www.pcf.org/about-prostate-cancer/what-is-prostate-cancer/prostate-gland/>
4. American Cancer Society. Prostate Cancer: What Is Prostate Cancer? [Internet]. 2020 [cited on 2022 Oct 18]. Available from: <https://www.cancer.org/cancer/prostate-cancer/about/what-is-prostate-cancer.html>

I How common is prostate cancer?

Prostate cancer is the number

3

most common cancer among men in Malaysia.⁵

About

3 out of 5

prostate cancer cases in Malaysia were **diagnosed late in stage 3 and stage 4** between 2012 and 2016, making it difficult for effective treatment.⁵



People whose prostate cancer are detected in

Stage **1** and **2** have a **97%** and **92%**

five-year survival rate*⁶

Stage **3** and **4** have a **93%** and **43%**

five-year survival rate*⁶

*The percentage of patients who are alive 5 years after diagnosis.

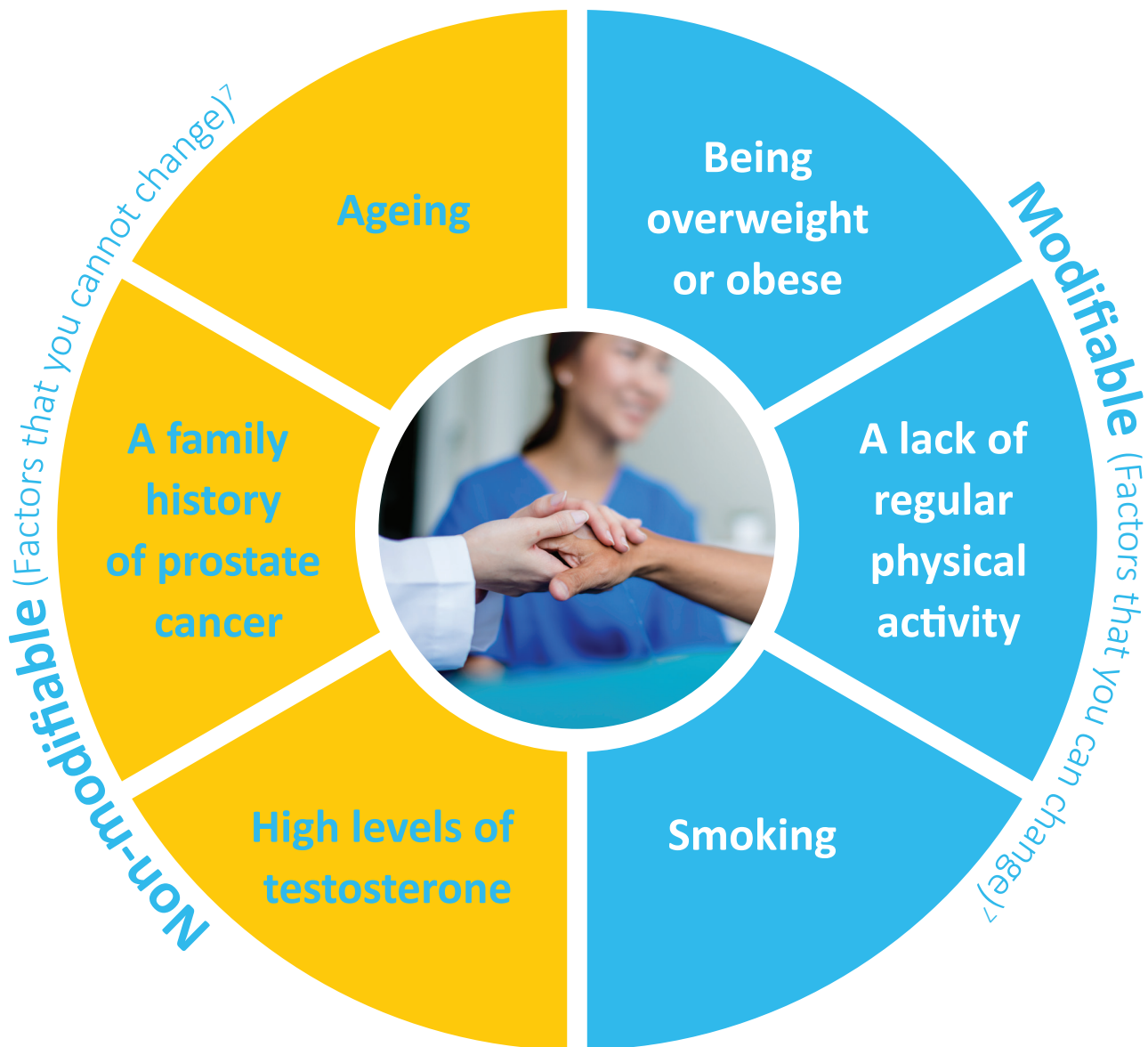
The sooner the cancer is detected, the higher your chances of survival.

References:

5. Azizah A, Hashimah B, Nirmal K, Siti Zubaidah A, Puteri N, Nabihah A et al. Malaysia National Cancer Registry Report (MNCR) 2012-2016. Putrajaya, Malaysia: Ministry of Health Malaysia; 2019.

6. National Cancer Registry, National Cancer Institute, Ministry of Health Malaysia (2018). Malaysian Study on Cancer Survival (MySCan).

I Who is at risk of prostate cancer?



References:

7. National Cancer Institute. Prostate Cancer Prevention (PDQ®)–Patient Version [Internet]. 2022 [cited on 2022 Oct 25]. Available from: <https://www.cancer.gov/types/prostate/patient/prostate-prevention-pdq>

I What are the signs and symptoms of prostate cancer?

Signs and symptoms of prostate cancer⁸



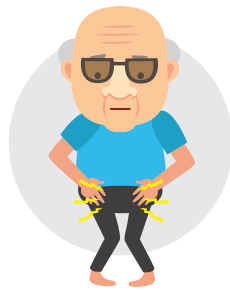
Difficulty
urinating



Frequently
urinating



Blood found in
urine



Pain or a burning
sensation when
urinating



Urinating
frequently at night

The difference between signs and symptoms:

Signs are what others see (e.g. swelling and bleeding),
symptoms are what you feel (e.g. headache and pain).⁹

TALK TO YOUR DOCTOR IF YOU NOTICE ANY OF THESE CHANGES

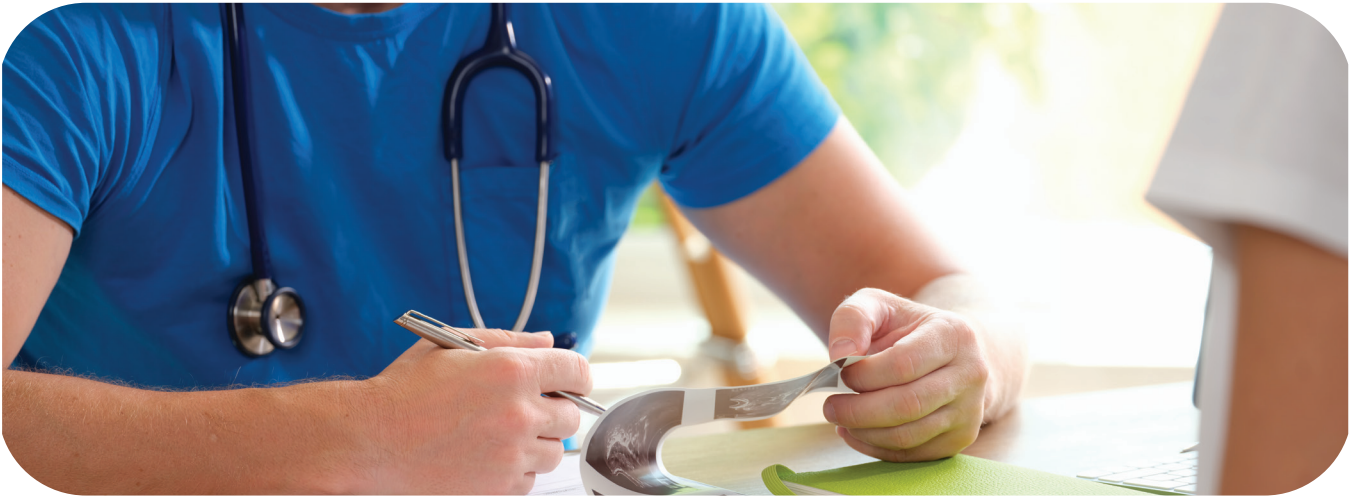
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8. Centers for Disease Control and Prevention. What are the symptoms? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/symptoms.htm

9. American Cancer Society. Signs and symptoms of cancer [Internet]. 2020 Nov 6 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/treatment/understanding-your-diagnosis/signs-and-symptoms-of-cancer.html>

I How do I find out if I have prostate cancer?

- Prostate cancer patients have a higher survival rate if the disease is detected early.⁶



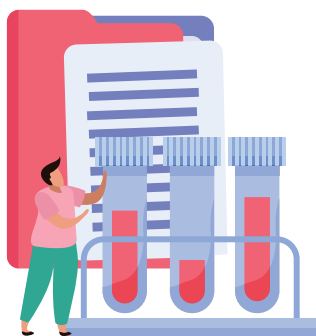
- You should discuss prostate cancer screening with your doctor at¹⁰:
 - **Age 50**, if you have **no family history of prostate cancer**; or
 - **Age 45**, if you have **a close family member diagnosed** with prostate cancer **before the age of 65**; or
 - **Age 40**, if you have **more than one close family member diagnosed** with prostate cancer **before the age of 65**.

References:

10. American Cancer Society. American Cancer Society Recommendations for Prostate Cancer Early Detection [Internet]. 2021 Apr 23 [cited on 2022 Dec 28]. Available from: <https://www.cancer.org/cancer/types/prostate-cancer/detection-diagnosis-staging/signs-symptoms.html>

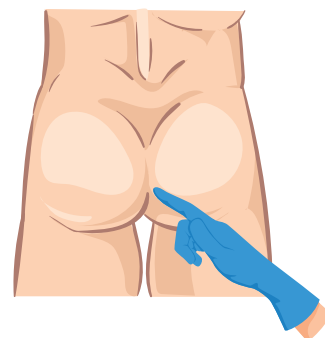
I How do I find out if I have prostate cancer? (continued)

- Prostate cancer can be detected early using the tests listed below.^{11,12} These tests, through different techniques, look for abnormal changes.



Prostate Specific Antigen (PSA) test:

Measures the amount of PSA in the blood as men with prostate cancer have higher PSA levels.¹¹



Digital Rectal Examination (DRE):

Feeling the prostate with a gloved finger through the rectum to look for any abnormal changes.¹¹



The International Prostate Symptom Score (IPSS)

This tool is used to evaluate the severity of the prostate cancer symptoms. A higher score indicates a higher likelihood of having prostate cancer. Scan the QR code to know your risk now.¹²

BASED ON THE RESULTS, THE DOCTOR WILL ADVISE ON THE NEXT STEPS

References:

11. Centers for Disease Control and Prevention. What is screening for prostate cancer? [Internet]. 2022 [cited on 2022 Oct 25]. Available from: https://www.cdc.gov/cancer/prostate/basic_info/screening.htm
12. MDApp. International Prostate Symptom Score (IPSS) [Internet]. 2017 [cited on 2022 Oct 25]. Available from: <https://www.mdapp.co/international-prostate-symptom-score-ipss-calculator-207/>

I How do I protect myself from prostate cancer?



Don't smoke

Avoid active and passive smoking completely¹³



Exercise regularly and maintain a healthy weight

You can manage your weight by getting more exercise and being physically active¹³
(refer to next page)



Practise a balanced diet

Eat more healthily¹³
(refer to next page)

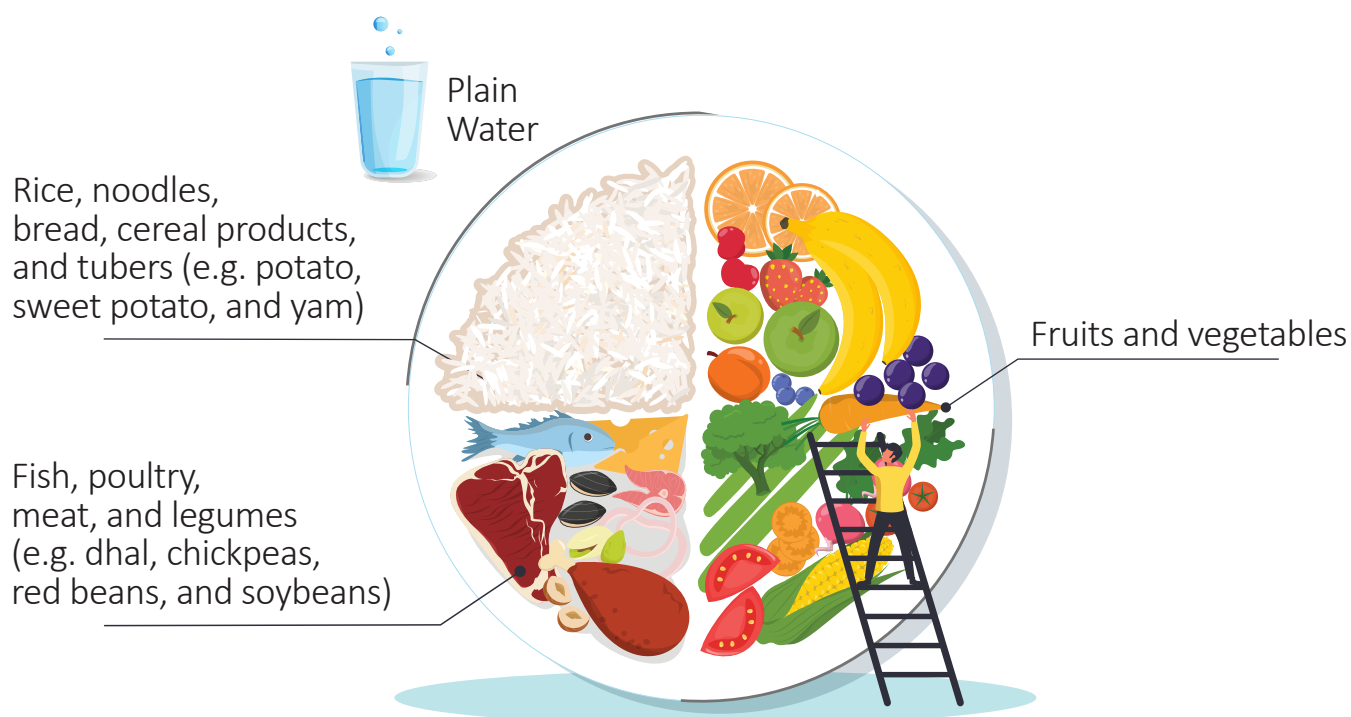
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13. Prostate Cancer Foundation. Prostate Cancer Prevention [Internet]. 2022 [cited on 2022 Oct 25]. Available from: <https://www.pcf.org/patient-resources/family-cancer-risk/prostate-cancer-prevention/>

I How do I protect myself from cancer in general?

Eat Healthy

The diagram below shows the **Malaysian Healthy Plate with Quarter Quarter Half concept**.
Use this as a visual guide to healthy, balanced meals.¹⁴



Recommendation for the following food products:

	Red meat	Less than 500g/week = 3 palm sizes of meat in total ¹⁵		2 servings of fruits and 3 servings of vegetables daily¹⁵	E.g., eat 1 apple + 1 slice watermelon + 12 tablespoons of cooked leafy vegetables/day
	Processed meat	Avoid completely ¹⁵		Sugar sweetened drinks	Avoid completely ¹⁵
	More than 2 servings of wholegrain daily¹⁵	E.g., eat at least 2 slices brown bread + 0.5 cup cooked brown rice/day		Processed foods	Less than once a week or avoid completely ¹⁵

References:

14. Panduan Pinggan Sihat Malaysia. Putrajaya (MY). Ministry of Health Malaysia; 2016. 50 p. Report No.: 1.

15. World Cancer Research Fund/American Institute for Cancer Research. "Continuous Update Project Expert Report 2018.

Recommendations and public health and policy implications." [Internet] [cited on 2022 Nov 17]. Available from: dietandcancerreport.org

I How do I protect myself from cancer in general? (continued)

Be Active

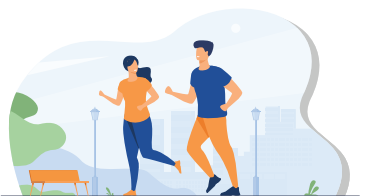


150 Minutes

Moderate-intensity* aerobic activity per week¹⁶

Brisk walking, jogging, swimming, tennis (doubles), cycling, hiking, line dancing

or



75 Minutes

Vigorous-intensity** aerobic activity per week¹⁶

Running, swimming laps, tennis (singles), jumping rope, aerobic dance, kickboxing

and



At least 2 days

of muscle strengthening activities per week¹⁶

Use of exercise bands, weight machines, or hand-held weights; push-ups, pull-ups, planks, squats, lunges, some yoga postures and tai chi

How do you measure intensity?

Use the 'talk test'

*Moderate-intensity exercise	Moderate effort required. You breathe harder, you start to sweat, and you will talk more slowly than you do normally. ¹⁷
**Vigorous-intensity exercise	High effort required. You are puffing, sweating, and can only talk with pauses. ¹⁷

References:

16. World Health Organization. Physical Activity [Internet]. [cited on 2022 Nov 17]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

17. Cancer Council Australia. "Exercise for people living with cancer" [Internet]. 2019. [cited on 2022 Nov 17]. Available from: <https://www.cancer.org.au/assets/pdf/exercise-for-people-living-with-cancer>

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