

Why finding cancer early is so important

If you're like many men, you don't like to be told to go to the doctor to talk about how you feel or go for tests when you feel just fine.

Why go looking for trouble?

But did you know that thousands of men beat cancer every year, because they've seen their doctor for a routine checkup, reported a change to their body or talked to their doctor about tests to find cancer early?

- When cancer is diagnosed at an early stage, treatment is often simpler and more likely to be successful.
- Finding cancer early means that there is less chance that the disease has spread to another part of your body.
- When you find cancer early, you have a better chance of surviving. It means that it can be treated earlier – and maybe stopped.



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What needs to get checked

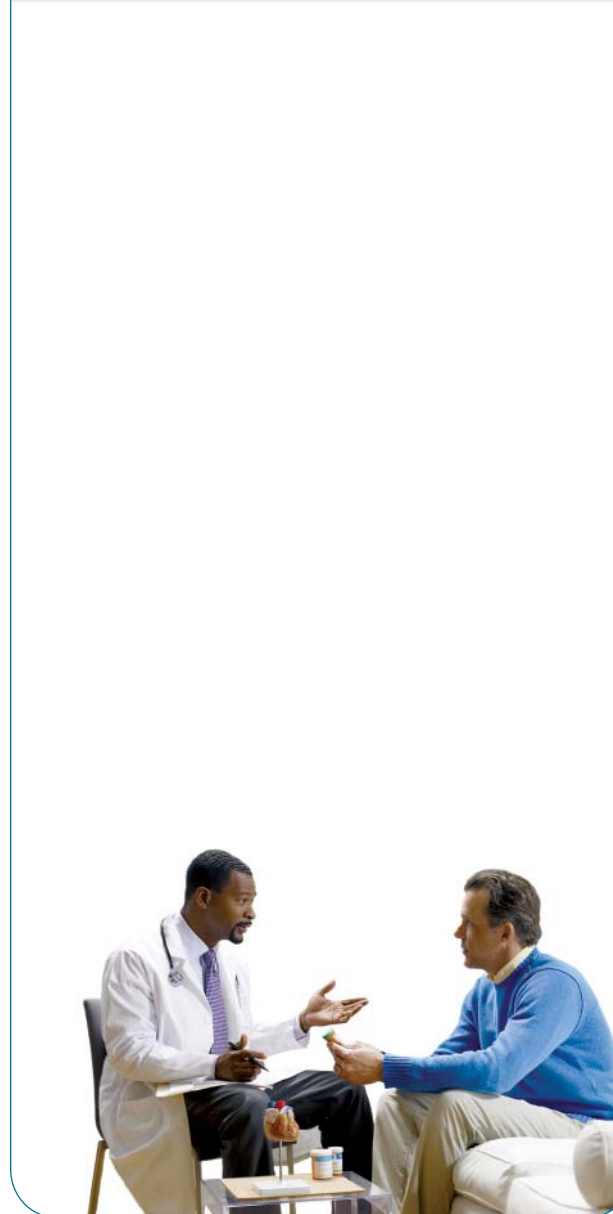
A change to your body or how you feel may mean that something is wrong. Only you know what's normal for you – so tell a doctor if you notice any of these warning signs:

- a new or unusual lump or swelling in the testicles, chest or any other body part
- a sore that doesn't heal on your body or in your mouth
- a change in the shape, size or colour of a mole or wart
- a cough, hoarseness or a croaky voice that doesn't go away
- problems swallowing
- blood in the urine, stool or mucus
- changes in bladder habits, such as pain or problems urinating
- a change in bowel habits (constipation or diarrhea) that lasts more than a few weeks
- indigestion that doesn't go away
- unexplained weight loss, fever or fatigue
- unexplained aches and pains
- any new skin growth or areas of skin that bleed, itch or become red
- unusual bleeding or discharge from the nipple

Don't delay – report it right away

Having any of these signs doesn't mean that you have cancer. They may be due to some other medical problem, or they may not be serious at all. Only a doctor can tell for sure.

You have nothing to lose by getting a change checked by a doctor.



Common excuses

“ *I don't feel sick, so why worry about this change?* ”

When cancer first develops, you may feel fine. Better to find out now that it's “nothing” than to wish later that you'd seen your doctor.

“ *I'm sure this will just go away on its own – I'll just tough it out for a little longer.* ”

Many people hope that a change will just go away. Weeks may go by, but the health issue is still around. If it doesn't go away quickly, you need to tell your doctor about it.

“ *There's no way I have cancer because no one in my family has ever had it.* ”

Cancer can happen to anyone at any age. If you're the first person in your family with cancer, give yourself the best chance for survival by getting it diagnosed early.

“ *If I get cancer, I get cancer. There's nothing I can do about it.* ”

Finding it early is the best thing you can do. Give yourself a fighting chance to treat it – and stop it.

Talk to your doctor about these cancer tests

Some cancers can be found at a very early stage, before you even notice a change to your body that might be a problem. Talk to your doctor about these types of cancer and the tests that can find them early.

Colorectal cancer

If you're 50 or older, have a stool test at least every 2 years. Research shows that having these screening tests works! A stool test is a fecal occult blood test (FOBT) or fecal immunochemical test (FIT).

Prostate cancer

Prostate cancer can be found early using a PSA test (a type of blood test) and a digital rectal exam. However, research doesn't clearly show if the benefits of testing for prostate cancer outweigh the risks.

If you're 50 or older, talk to your doctor about your risk of prostate cancer and about the risks and benefits of finding this type of cancer early.



Find out more

As advances in research are made, we continue to learn more about how to detect cancer early, when treatment is more likely to be successful.

Contact us for the most up-to-date information. It could save your life.

- Call us toll-free at **1 888 939-3333** (TTY: 1 866 786-3934) Monday to Friday, 9 a.m. to 6 p.m. If you need help in other languages, interpreters are available.
- E-mail us at info@cis.cancer.ca.
- Visit our website at cancer.ca.
- Contact your local Canadian Cancer Society office.

What we do

The Canadian Cancer Society fights cancer by:

- doing everything we can to prevent cancer
- funding research to outsmart cancer
- empowering, informing and supporting Canadians living with cancer
- advocating for public policies to improve the health of Canadians
- rallying Canadians to get involved in the fight against cancer

Contact us for up-to-date information about cancer, our services or to make a donation.



Canadian Cancer Society
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Let's Make Cancer History

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PREVENTING CANCER

Get involved **Live well** Be aware Get involved
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Finding Cancer Early

What men need to know



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