



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

**the
nuts & bolts
of men's
health**



Our Kiwi culture says we blokes are DIYers. We like to fix things. We like to mess around to make things go better and faster. We like to get more noise. We like our toys. We're good Kiwi blokes.

We know to look after our assets to prevent expensive maintenance down the track. We fuel our cars right, oil them well, change their tyres when we notice they're worn and take them to the garage when they need a service, but hey, let's be honest – we're not much good at taking care of ourselves!

Checking in early and often with your doctor or health professional about something you have noticed or are concerned about not only gives you peace of mind; it may help to reduce your odds of bigger health issues down the line. Let's call it "preventive maintenance".

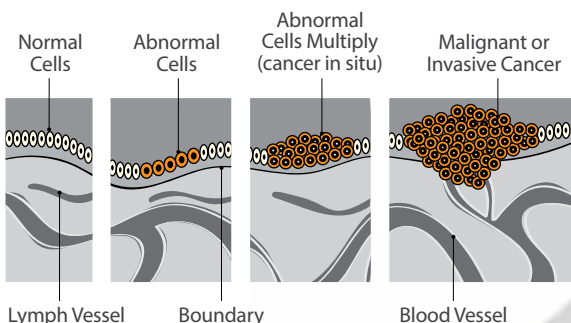
We hope this pamphlet about the nuts and bolts of men's health does the following:

- Convinces you to look after your body – if it's broken or you so much as suspect there's a problem then fix it!
- Helps you to lock your shyness in the shed – sharpen up and don't be shy about seeing your doctor. They've seen it all before.
- Reminds you to look after yourself, for you and for the whānau. It's all about living life to the full and being around for more birthdays – theirs and yours!

Remember, with cancer - often the sooner it's caught, the better the outcome!

What is cancer?

Cancer is made up of cells which divide and multiply – usually this is done in an orderly way, allowing the body to grow, and to heal after an injury. But sometimes things go wrong and cells start multiplying out of control - if it isn't treated it can become a cancer that spreads.



When a cancer first develops it will be small and won't have spread (in situ). In order to grow bigger, a cancer needs to set up a blood supply to feed it. If the cancer is not treated it will grow and spread to nearby tissues (invasive cancer).

Facts:

- **Some cancers are more common in men than in women ...**
- **Men are more likely to get cancer than women ...**
- **Men are more likely to die from cancer than women ...**
- **So come on guys - time to sharpen up and get checked - go have a chat with your doctor.**



Prostate cancer

Do you know where your prostate is or what it does?

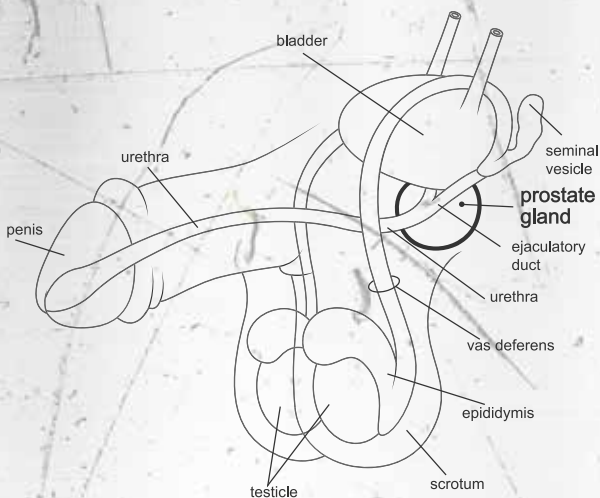
Let's face it – it's not something we think about until we have to!

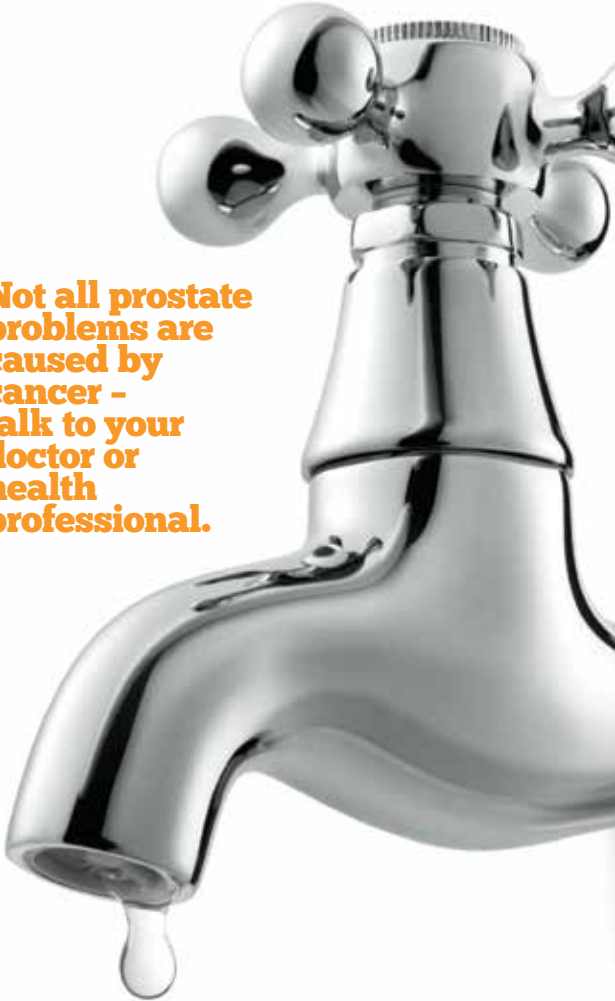
The prostate is a ping-pong ball-sized gland near a bloke's bladder, and is part of the male reproductive system.

Prostate cancer is the most common cancer in New Zealand men. It mainly affects men over 50 years of age, and kills more than 600 Kiwi blokes every year. That's a lot of husbands, sons and fathers.

Treatment works better when you find the cancer early, but early prostate cancer often has no symptoms. The trick is to know yourself and what is normal, and be quick to check out what is not normal. For example, if you have problems peeing (e.g. dribbling, going a lot, or having trouble getting started) it may not be prostate cancer, but it just might... so sharpen up and go and see your doctor!

Talk to your doctor about your prostate cancer risk and the ways he or she can check your prostate gland. Don't be shy – that's what the doctor is there for and besides, they see this sort of thing all the time.





Not all prostate problems are caused by cancer - talk to your doctor or health professional.

Hot tips:

- Know what is normal when it comes to your plumbing.
- Most cases DO NOT present with any symptoms so have this discussion with your doctor or health professional as part of your yearly warrant of fitness.
- If you notice something that's different and it lasts for more than two weeks, see your doctor or health professional.
- Sharpen up! Yes it's special to you; we understand that – that's why you need to keep it well primed!

Bowel cancer

Know your poo!

Getting to the bottom of a problem can be dirty (but important) business, and if you're having problems doing your business – it's time for a check up.

When it comes to bowel motions no one likes talking about them much, but the fact is your poo can tell a good story. If you notice big changes in your bowel habits like thinner poos, or there's blood in your poo, or you notice it's a lot darker in colour than usual, or you have stomach pains (that have nothing to do with the dodgy curry you ate last night) it's time to talk to your doctor. These may not be signs of cancer, but don't leave that to chance. If it's caught early, bowel cancer can often be cured.

If you have a family history of bowel cancer, it pays to talk about your risk with your doctor. They will tell you what signs to look out for and give you health tips to help prevent bowel cancer.

Bowel cancer kits can be purchased from certain pharmacies in New Zealand. These test for tiny traces of blood in your poo and are done at home and posted off - the results go to your doctor.

What we eat must come out so what you put into your bodies is important. Here are some tips for healthy eating:

- Increase fibre in your diet – eat fruit and vegetables – at least two bits of fruit a day and three servings of veggies (5+ a Day) and eat beans, oats, pulses (lentils etc.) Whole grain breads and cereals are great!
- Reduce red meat, bacon, sausages and processed meat.
- Eat more fish or meat-free meals.
- Get 30 minutes of exercise and drink plenty of water/ liquids (non alcoholic!) each day to keep things moving.

You're aiming to get things moving along the bowel and no blockages that could back up your u-bend for a few days!

Hot tips:

- Know your pool! If you notice changes that are there for more than two weeks, see your doctor or health professional.
- Caught early, bowel cancer can often be successfully treated.
- Find out your family health history and if family members have had bowel cancer then talk to your doctor or health professional about what to look out for and how you can limit your risk of getting bowel cancer.



Bristol Stool Chart

Shape	Stool shape	Description of stool shape
#1.		Separate hard balls or lumps, hard to pass, spends too much time in colon.
#2.		Lumpy fecal balls stuck together, can produce Haemorrhoids.
#3.		Like a sausage with cracks on the surface, mild straining, low end of acceptable
#4.		Like a banana, can be 'S' shaped, soft and moist, not too hard, not too soft, just right.
#5.		Soft blobs, clear cut edges, pass easily, high end of acceptable, typical of several stools per day.
#6.		Ragged edges, mushy stool, requires excess wiping. Could be sign of stress or IBS.
#7.		Diarrhea. Not good!



Lung cancer

Quitting smoking is not only good for you; it's the best role modelling you could do for your children. It's all about whanau.

Improve your sexual performance – STOP SMOKING!!
And of course that's not the only benefit of quitting (or not taking up) smoking. As well as looking awful, smelling bad and messing with your mojo, smoking can lead to impotence (no erection), lung cancer, poor eyesight, lower fitness levels, heart and gum disease.

Butt Out Now! Give up tobacco and save around \$5,000 per year – which is what the average smoker spends – and gift yourself another 15 – 20 years of quality living with loved ones.

If you're a smoker with a persistent or a long-term cough that has changed, or you suffer repeated chest infections and noisy breathing or pain in the chest then talk with your doctor sooner rather than later.

For free advice, support and nicotine replacement call The Quitline on: 0800 778 778 (www.quit.org.nz)

For advice on lung or any other cancers, call 0800 CANCER (226 237) or go to www.cancernz.org.nz

Skin cancer

Check that you have the right tools for the job, at the right times. Slip, slop, slap, and wrap, cover and seek shade.

What is your largest organ?

Think about it, think about it, and ... the answer is your skin, of course! What were you thinking of? Because we wear our skin on the outside it's pretty important to look after it, especially us blokes, because we have much higher rates of skin cancer than women.

Now you don't have to go and spend a fortune on moisturisers but you do need to think about how to look after your mug – and the rest of you.

Skin cancer is the most common cancer in New Zealand, but it can be avoided if you follow these hot tips.

Hot tips:

- Most skin cancers are caused by too much time in the sun, and don't forget the dangers of the sun reflecting off the snow and water.
- Skin damage appears as we age and can be caused by too much sun during childhood so protect the whānau with the "slip slop" rule.
- Protect yourself – slip slop slap and wrap, cover and shade.
- Watch for skin changes, discuss with your doctor or health professional.
- Slip on a t-shirt that covers the shoulders.
- Slip into shade in the middle of the day, September – April.
- Slop on at least SPF 30, broad spectrum sunscreen - one teaspoon per arm and half that on the face and neck - put half that on the kids and reapply every two hours.
- Slap on a hat with a brim (a cap won't cut it!).



Check your skin regularly (or get your other half to have a look) especially the upper back, but everywhere needs to be checked. You're looking for any new (or old) freckle, mole or spot that has changed in size, shape, colour or texture.

Some melanomas can appear on the soles of the feet, palms of the hand and fingernails! If in doubt, get your doctor to check it out.



Testicular cancer

Don't muck around with the family jewels! See a doctor if there is anything you are worried about.

Boys love messing around with balls – rugby balls, cricket balls, just about any balls – but the game gets serious when it comes to our own balls!

Truth is, you'd be nuts to muck around if you notice any changes to your buddies downstairs. If you find any swelling, a lump or a lasting pain in your ball(s), it's time to check things out. And as special as they may be to you – funnily enough, the doctor's seen plenty. Your testicles won't scare them, honest.

Key Points:

- Testicular cancer is a rare cancer.
- It is most common in Kiwi men 15 – 24 yrs old, but can occur at any age.
- Testicular cancer is curable in most cases, especially if caught early.



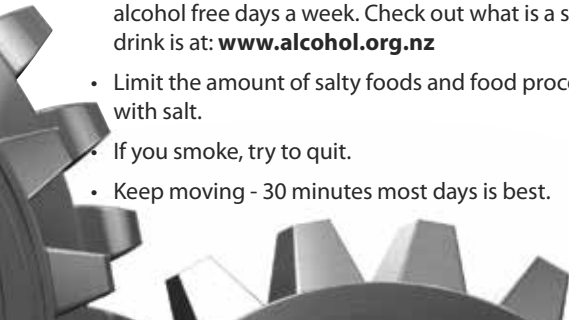
Hot tip:

- Don't muck around with the family jewels; see a doctor if there is anything you are worried about.

Reducing your cancer risk

Remember - your body is your temple. What you fuel it with is important!

- Maintain a healthy weight or aim for a healthy weight.
- Eat a variety of vegetables, fruits, whole grains and pulses (beans and lentils).
- Avoid sugary drinks and processed foods.
- Limit the amount of cooked red meat you eat to 500g per week.
- Try meat-free meals every week.
- Limit or reduce processed meats and only eat them occasionally (e.g. bacon and salami).
- Alcohol is linked to several cancers; if you choose to drink alcohol then limit drinks to three for men and two for women a day (standard drinks) and have two alcohol free days a week. Check out what is a standard drink is at: **www.alcohol.org.nz**
- Limit the amount of salty foods and food processed with salt.
- If you smoke, try to quit.
- Keep moving - 30 minutes most days is best.



Simple ways to help keep your community, family and whānau well, and reduce your cancer risk are to:

- Be smoke free
- Protect your skin from the sun
- Aim for a healthy bodyweight
- Be physically active
- Eat a variety of fresh foods
- Avoid or limit alcohol
- Talk to your doctor or nurse about screening
- Get any ongoing symptoms checked

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ANY QUESTION
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Cancer Society

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o Aotearoa

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Find out more by visiting www.cancernz.org.nz or
calling your local Cancer Society office on
0800 CANCER (227744)

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