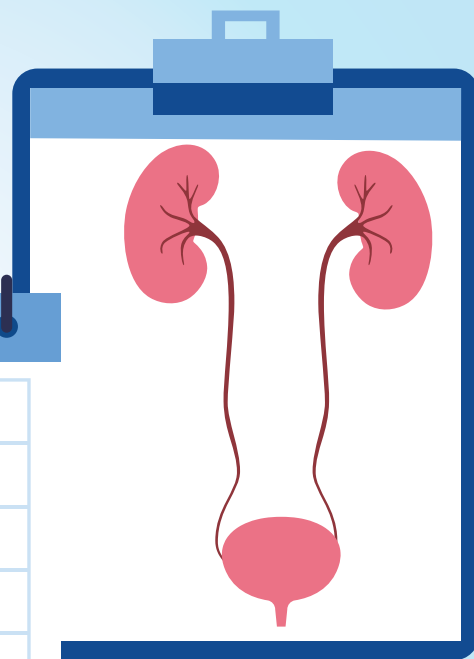


**Urological Cancers  
Awareness Month**



**November is Urological cancers  
awareness month**





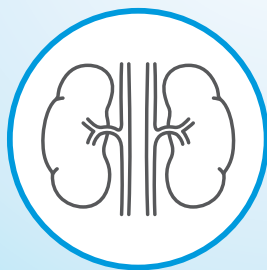
**Urological Cancers  
Awareness Month**

# urologic cancers include cancers of:

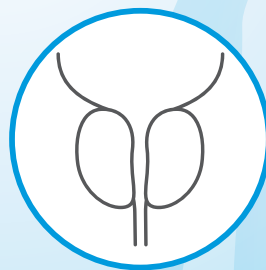
**BLADDER**



**KIDNEY**



**PROSTATE**



**TESTICLES**





Urological Cancers  
Awareness Month

## Signs and Symptoms

# BLADDER CANCER

- Blood in the urine
- Urgent need to empty the bladder
- Pain when emptying the bladder
- Lower back pain, especially on one side
- Loss of appetite
- Weight loss
- Swelling in the feet
- Bone pain





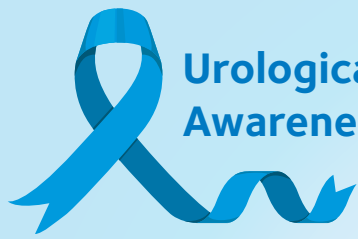
Urological Cancers  
Awareness Month

## Signs and Symptoms

# PROSTATE CANCER

- Difficulty passing urine
- A slow, interrupted flow of urine
- Frequent passing of urine
- A feeling that the bladder is not fully empty and dribbling urine after you finish
- Incontinence





Urological Cancers  
Awareness Month

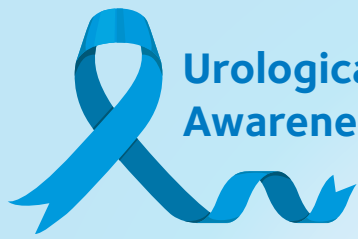
Signs and  
Symptoms

# PROSTATE CANCER

## Advanced prostate cancer symptoms

- Blood in urine
- Pain during urination
- Lower back or pelvic pain



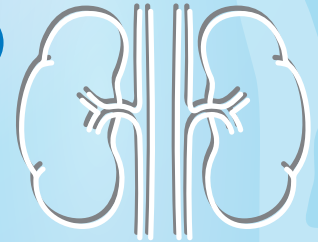


Urological Cancers  
Awareness Month

## Signs and Symptoms

### KIDNEY CANCER

- Blood in the urine
- Continuous back pain just below the ribs
- Fatigue
- Weight loss
- Fever (which may come and go)





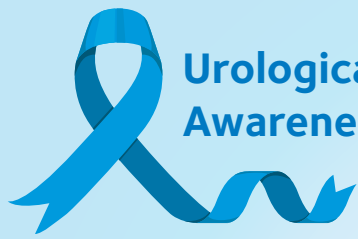
Urological Cancers  
Awareness Month

Signs and  
Symptoms

## TESTICULAR CANCER

- A lump in the testicle
- An enlarged testicle
- A heavy feeling in the scrotum
- Pain in a testicle or the scrotum
- An achy feeling in the groin or lower abdomen





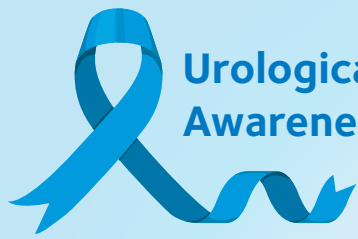
Urological Cancers  
Awareness Month

## Risk Factors

# BLADDER CANCER

- Smoking
- Exposure to chemicals
- Age
- Gender
- Chronic bladder irritation and infections
- Genetics and family history





Urological Cancers  
Awareness Month

**Risk  
Factors**

## PROSTATE CANCER

- Age
- Family history
- Unhealthy lifestyle
- Lack of physical activity



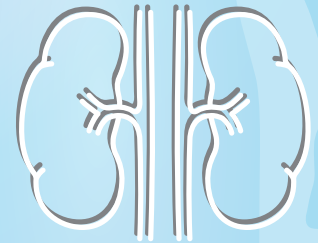


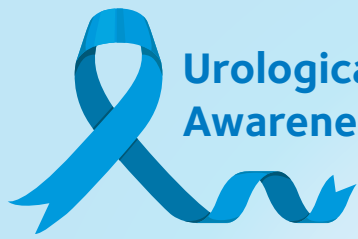
Urological Cancers  
Awareness Month

## Risk Factors

# KIDNEY CANCER

- Smoking
- Obesity
- Exposure to some metals and organic solvents
- Family history
- High blood pressure
- Certain medicines
- Advanced kidney disease
- Gender
- Genetic and hereditary risk factors





Urological Cancers  
Awareness Month

**Risk  
Factors**

# TESTICULAR CANCER

- Undescended testicle
- Family history
- HIV infection
- Age (between 20 – 34)



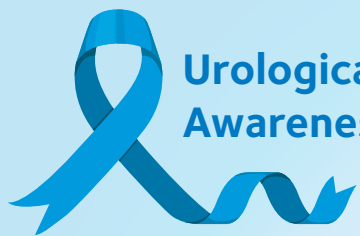


## Urological Cancers Awareness Month

### Prevention

- Adopt a healthy lifestyle
- Exercise regularly
- Choose a varied diet with fruit and vegetables
- Limit your intake of red meat
- Control your weight
- Avoid smoking and alcohol consumption
- Check your health recurrently

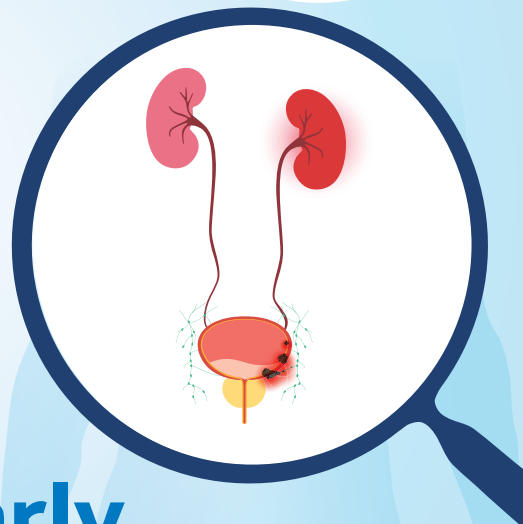




Urological Cancers  
Awareness Month

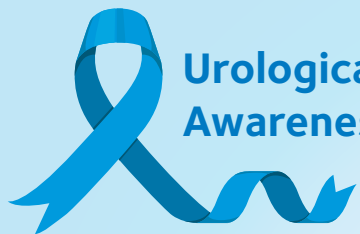
**Prevention**

Early detection of  
any urological cancer  
increases the chance of  
successful treatment.



**Prevention and early  
detection can save lives.**





Urological Cancers  
Awareness Month



For information on how to book  
an appointment with PHCC  
Clinic, please call 107 or 16060  
(Nesma'ak at HMC)

