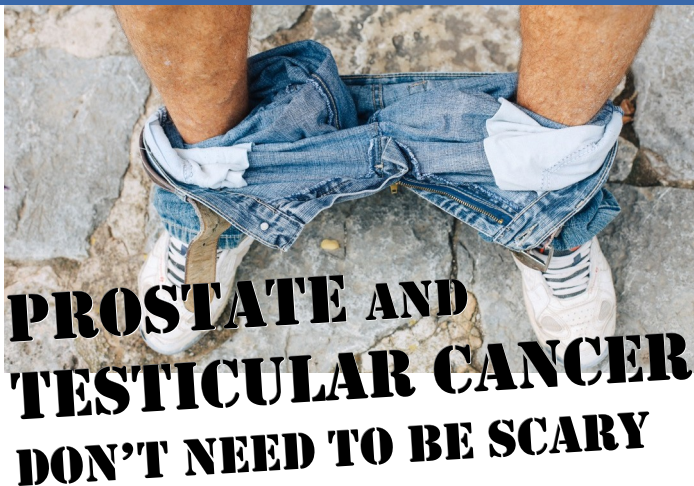


Pro-TEST



PROSTATE AND TESTICULAR CANCER DON'T NEED TO BE SCARY

- **Prostate cancer** is now increasingly affecting men as young as age 40
- **Testicular cancer** generally affects teenagers and young men
- It pays to be self aware. Get into the habit of checking regularly
- Don't waste time. If you are concerned, speak to your doctor!

Not enough Information
Not enough awareness
Not enough testing
Let's change that!



For information or help:
Tel. 659 887 455
info@cancersupportmallorca.com

Pro-state cancer

Prostate cancer is not an old man's disease! It is now increasingly affecting men as young as 40.

Sometimes there are no signs or symptoms, so a regular check with your doctor is advisable.

However it is **MOST IMPORTANT** to notice any warning signs

- **Need to pass water more frequently, especially at night.**
- **Having to rush to the toilet and leaking before you arrive!**
- **Problems when starting to urinate or a weak flow**
- **Feeling that your bladder is not empty.**
- **Dribbling urine.**
- **Constant backache**

TEST-icular

Testicular cancer is now the leading cancer in teenagers and young men between the ages of 16 and 35.

It is 95% curable with early treatment.

Use the hands on approach!

Be **SELF AWARE** and **CHECK REGULARLY!**

The best time is during or after a shower

If you detect any **LUMP, SWELLING, IRREGULARITY** or **CONSTANT BACKACHE** speak to your doctor

Not every lump is cancer so do not panic....

But check it out immediately

EARLY DETECTION IS ESSENTIAL