

MEN'S HEALTH

Prostate Cancer Awareness



Taking Charge of Your Health

Good health starts with awareness. For men, staying informed about prostate health is an important part of preventative care. Prostate cancer is one of the most common cancers among South African men, but when detected early, it can often be treated successfully.

What Is the Prostate?

The prostate is a small gland, about the size of a walnut, located below the bladder. It plays an important role in producing semen. As men get older, the prostate can enlarge, which is a normal condition called benign prostatic hyperplasia (BPH) — but it can also become cancerous.

Understanding Prostate Cancer

Prostate cancer happens when abnormal cells grow uncontrollably in the prostate gland. It usually grows slowly, and many men don't show symptoms in the early stages. This makes regular screening crucial.

Early Warning Signs

While early prostate cancer may not cause symptoms, advanced cases can lead to:



Difficulty or pain when urinating



Weak urine flow or frequent need to urinate (*especially at night*)



Blood in the urine or semen



Discomfort in the pelvic area



Erectile difficulties

If you notice any of these symptoms, consult your healthcare provider promptly.

Who Is at Risk?

Men are at greater risk if they:

- Are over the age of 50
- Have a family history of prostate or breast cancer
- Are African, as studies show higher risk and more aggressive forms
- Lead a sedentary lifestyle or have poor dietary habits

Prevention and Screening

Regular check-ups and healthy living can make a real difference.

- **Screening tests:** These include the PSA blood test (*Prostate-Specific Antigen*) and a digital rectal examination (*DRE*).
- **Lifestyle habits:** Eat a balanced diet rich in fruits, vegetables, and whole grains. Limit red and processed meats.
- **Stay active:** Regular exercise improves circulation, hormone balance, and overall health.
- **Don't wait:** Talk to your doctor about screening from age 45, or earlier if you have a family history of prostate cancer.



WE SUPPORT YOU!

Alliance-Midmed Supports Your Health

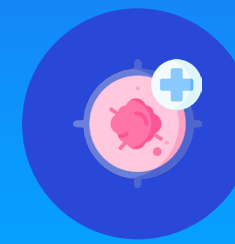
Your Scheme covers preventative screening and essential treatment benefits related to prostate cancer. Members can also access:



Family Wellness Centre nurses for guidance, support, and advice



Specialist consultations when referred by your GP



Oncology benefits for confirmed cases

Prostate Screening Covered by Your Scheme

We encourage all male members to take advantage of the **prostate-specific antigen (PSA) test**, which helps detect early signs of prostate cancer before symptoms appear.

From the **LifeStages Benefit**, and **paid from the Major Medical Pool (MMP)**, members can claim for **one Prostate (PSA) test per year — for males aged 40 years and older** (tariff **code 4519**).

If you have a family history of prostate or breast cancer, you are encouraged to contact the Scheme's clinical team for screening guidance and support through **auths@alliancemidmed.co.za**.

Take the First Step

Men's health is more than just one check-up — it's a lifelong commitment to yourself and those who depend on you. Make your health a priority today.

Get screened. Stay informed. Live healthier.

Alliance-Midmed
Your health matters!