

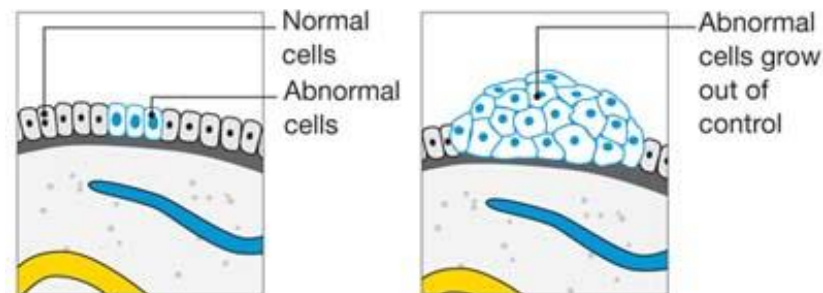
A yellow graphic consisting of a vertical line of four circles connected by a line. The top circle is solid yellow. The second circle is yellow with a black center. The third circle is yellow with a black center and a red dot in the middle. The fourth circle is yellow with a black center. A horizontal line connects the third circle to a fifth yellow circle with a black center.

Growing Stronger Living Longer

AH&MRC Chronic Disease Conference Cancer Yarn Up

What is cancer?

- Cancer is a disease in the body's cells



- The body is made up of billions of cells. Normal cells grow, split in two, die and are replaced by new cells
- Sometimes things go wrong and the cells don't die. They divide out of control and grow into a lump (tumour) called cancer

What do we know?

Source: APOCC qualitative interview study

Barrier type	Example
Structural/practical	• Lack of accessible transport accommodation and childcare • Access to radiotherapy
Cultural	• Stigma of cancer diagnosis • Cancer is seen as a death sentence • Cancer as not an issue for Aboriginal people
Communication	• Mistrust of mainstream medical services • Too much jargon • Complexity of health system and cancer treatment • No 'evidence' of treatment effectiveness

Men's cancers

- Some common cancers in men are:
 - prostate cancer
 - testicular cancer
 - bowel cancer
- Bowel cancer is the third most common cancer in Australians
- Bowel cancer also affects women
- Prostate and testicular cancer only affect men

Men's cancers

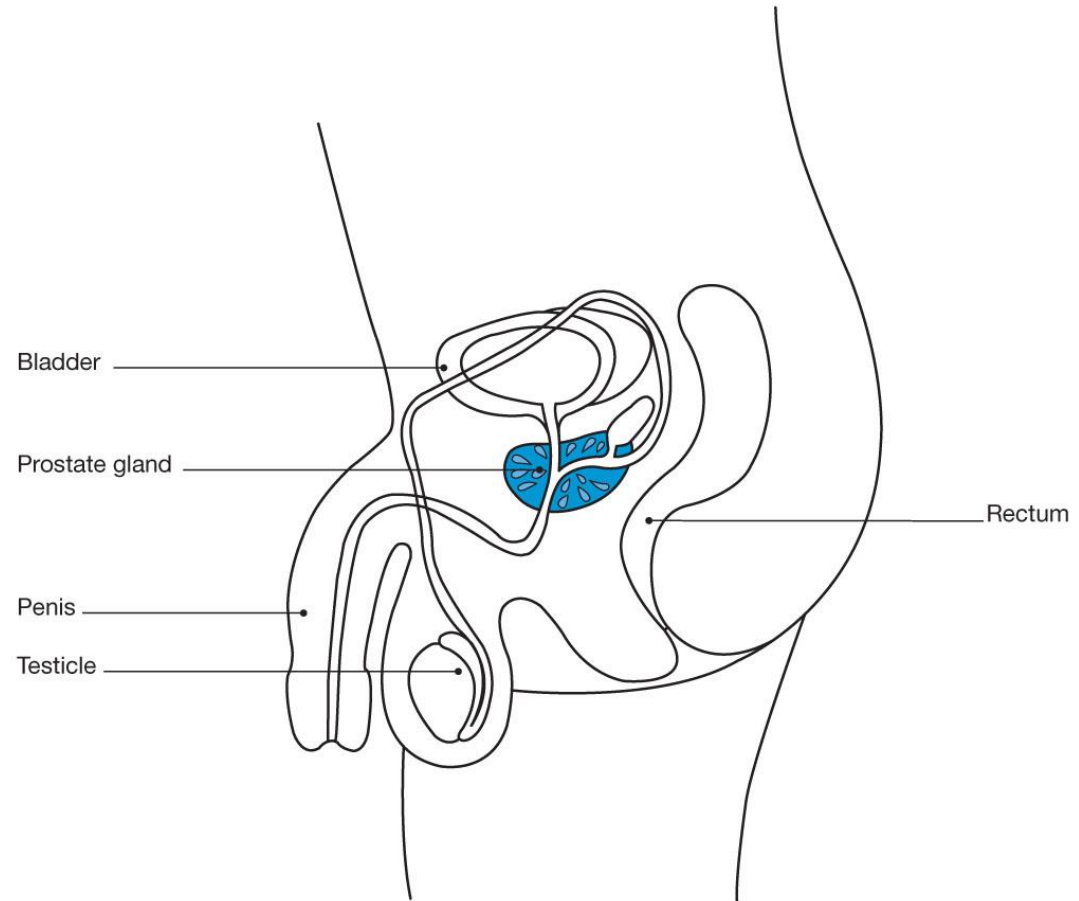
Number of cancers and incidence rates for NSW Aboriginal and All males 1999-2007

	Aboriginal		All NSW males	
	Number of cases	Incidence rate per 100,000	Number of cases	Incidence rate per 100,000
Bowel	158	75.4	21,609	75.3
Prostate	239	144.5	44,889	154.1
All cancers	1,347	660.2	164,180	570.7

Source: Morrell S, You H, Baker D. *BMC Cancer* 2012 12:168.

Prostate cancer

- The prostate is a small gland that is found only in men
- It produces semen (liquid that sperm travels in)
- Sometimes this type of cancer doesn't require treatment, because it may grow very slowly



Prostate cancer symptoms

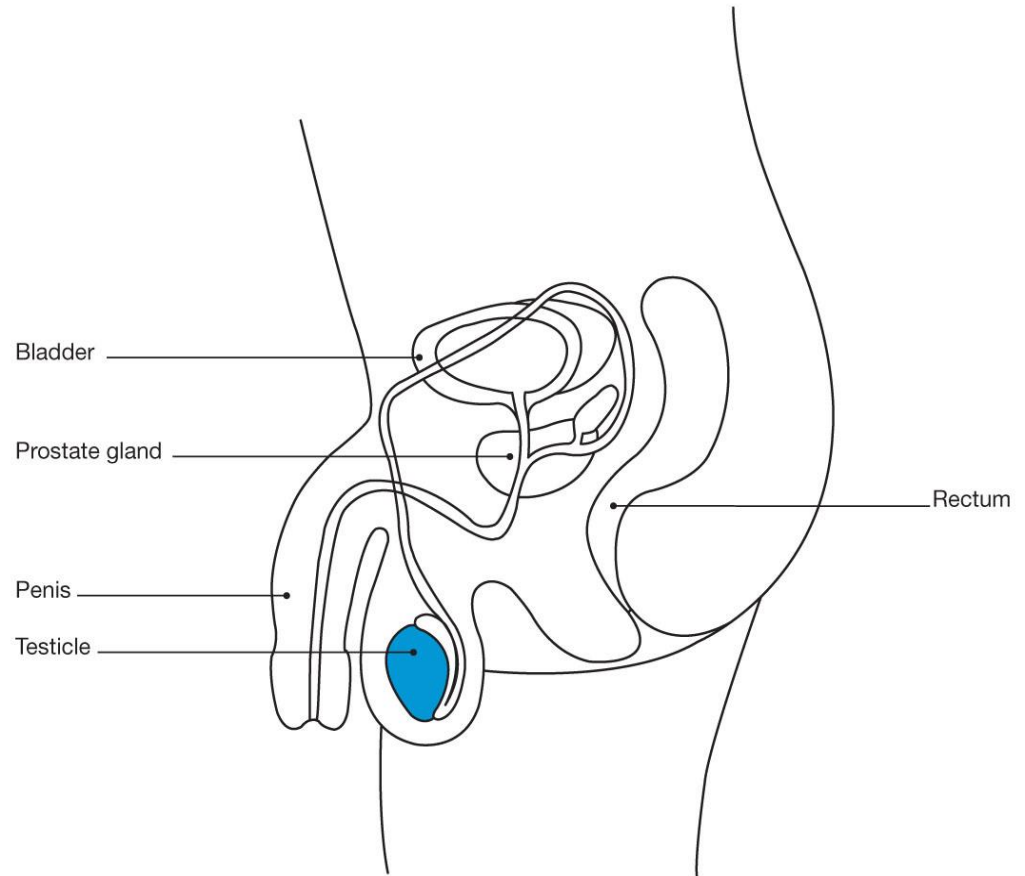
- Early prostate cancer doesn't usually cause symptoms
- Sometimes you will have symptoms if the cancer grows
- You might have pain or burning when you urinate
- It may be difficult to urinate, or there may be blood in the semen or urine
- You might have pain in your lower back or hips
- Prostate cancer usually affects men over 65

Prostate cancer prevention

- Doctors don't know what causes prostate cancer
- If your father or brother have had prostate cancer, you might be more likely to have it too
- Tell your doctor if you notice any symptoms or if you have a family history
- The doctor may check for prostate cancer by doing a Rectal Digital Examination
- The doctor may do a blood test called a PSA test, which may also help diagnose the cancer
- There are pros and cons for both types of test and it is best advised to discuss this with your doctor

Testicular cancer

- The testicles are part of a man's body
- They are sometimes called the testes or balls
- Located behind the penis
- Testicles produce and store sperm, and make male sex hormones



Testicular cancer symptoms

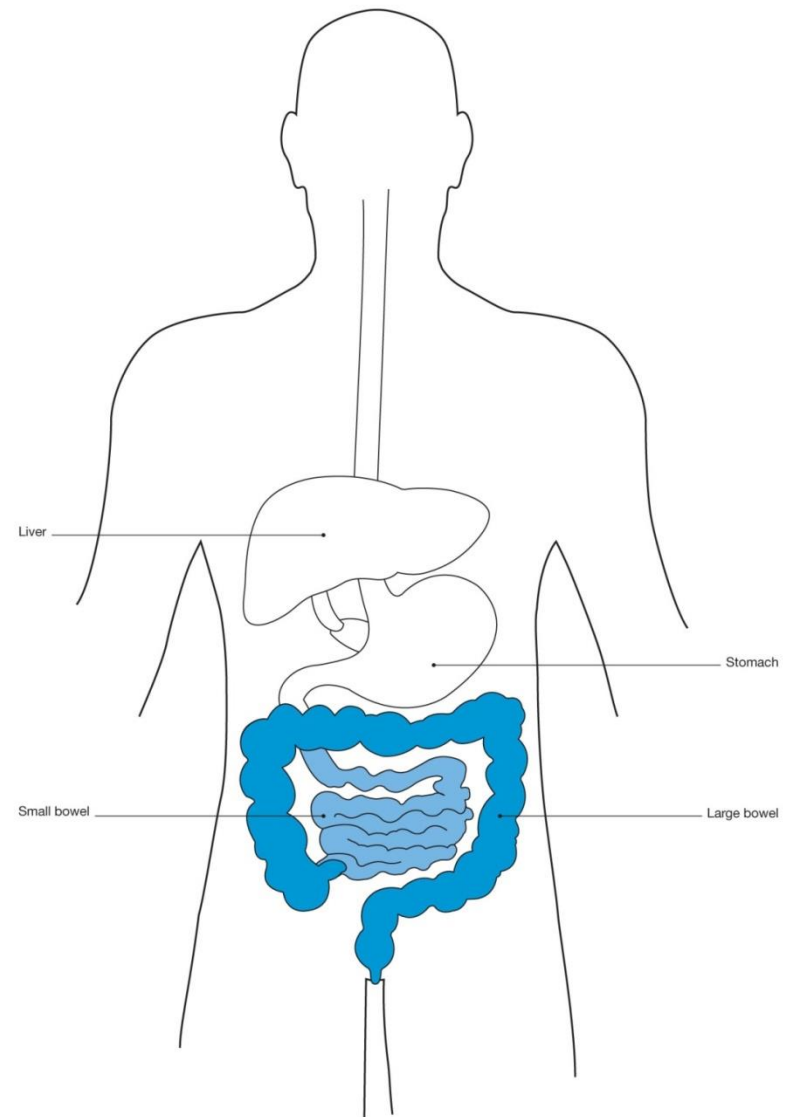
- You might notice swelling or a lump in the testicle
- Sometimes the testicles feel heavy or hard, or they might change shape
- You may have pain in the testicles, or feel like they are uneven
- Sometimes men develop harmless lumps, especially if they have an injury
- Your doctor can check the testicles, usually by feeling them
- A self check is the best way to monitor your testes

Testicular cancer prevention

- Doctors don't know what causes testicular cancer
- If your father or brother have had testicular cancer, you might be more likely to have it too
- Tell your doctor if you notice any symptoms or if you have a family history
- It is not caused by:
 - sports injuries
 - hot showers or baths
 - wearing tight clothes

Bowel cancer

- The bowel is part of the digestive system
- It has two parts: the small bowel and the large bowel
- The small bowel takes in nutrients from the food you eat
- The large bowel sucks out the water and turns the rest into waste (stools, faeces or poo)



Bowel cancer symptoms

- Bowel cancer affects any part of the small or large bowel
- Your bowel habits might change – you might be constipated or feel full
- Some people have tummy pain or feel the urge to use the toilet a lot
- You might see blood in the stool or on the toilet paper
- You might feel pain when you go to the toilet

Bowel cancer prevention

- Eat a low-fat, healthy diet with fresh fruit and vegetables
- Try not to eat too much fatty food or animal products, like sausages
- Do some regular exercise, like walking
- Tell your doctor if your toilet habits change
- Your doctor might ask you to do a test that checks your stools for blood that you can't see
- The Foecal Occult Blood Test



Cancer Partnership Project: Cancer Council, AH&MRC and Cancer Institute

- Funded projects are:
 - Waminda South Coast Women's Health and Welfare Aboriginal Corporation
 - Aboriginal Medical Service Redfern
 - Albury Wodonga Aboriginal Health Service
 - Pius X Aboriginal Corporation
 - Maari Ma Health Aboriginal Corporation
- 24 Community Awareness Workshops
- Development of local Aboriginal Cancer Networks with Cancer Council Regional offices
- Community Advocacy Workshops

Understanding Cancer

Free one-day community education program for people affected by cancer.

Working Beyond Cancer

Free one-day program for people balancing work and cancer treatment.

Resilience in the Workplace

Workshops for oncology healthcare professionals to help minimise stress and burn-out.

Cancer Council Information Centres

Dedicated spaces within hospitals and treatment centres to facilitate free access to cancer information and support services.

Cancer Information Library

Books, journals, DVDs and CDs about cancer-related topics for consumers and health professionals.

Printed, Online and Audiovisual Material

A range of up-to-date information.

Living Well After Cancer

A free two-and-a-half hour program for cancer survivors, their carers, family and friends.

ENRICH

A free, educational and motivational exercise and nutrition program for survivors, carers and family.

Transport to Treatment

Partnership and volunteer transport services for cancer patients.

Home Help

In-home support from volunteers for cancer patients. (Limited areas.)

Financial Assistance

One-time financial assistance for cancer patients in need.

No Interest Loans

For patients and carers with temporary financial stress who demonstrate capacity to repay once their health returns.

Financial Planning Referral Service

Free assistance from financial planners for eligible cancer patients and carers.

Legal Referral Service

Free professional legal assistance for eligible cancer patients and carers.

Cancer Connect

One-to-one, telephone-based peer support for patients before, during and after treatment.

Cancer Counselling

Subsidised one-to-one sessions with a professional counsellor experienced in cancer issues, for people affected by cancer.

**Cancer Council
Helpline
13 11 20**

Central point of contact for all cancer questions and services. Staffed by oncology professionals.

Telephone Support Groups

Twice-monthly support groups via teleconference for people affected by cancer who cannot meet in person.

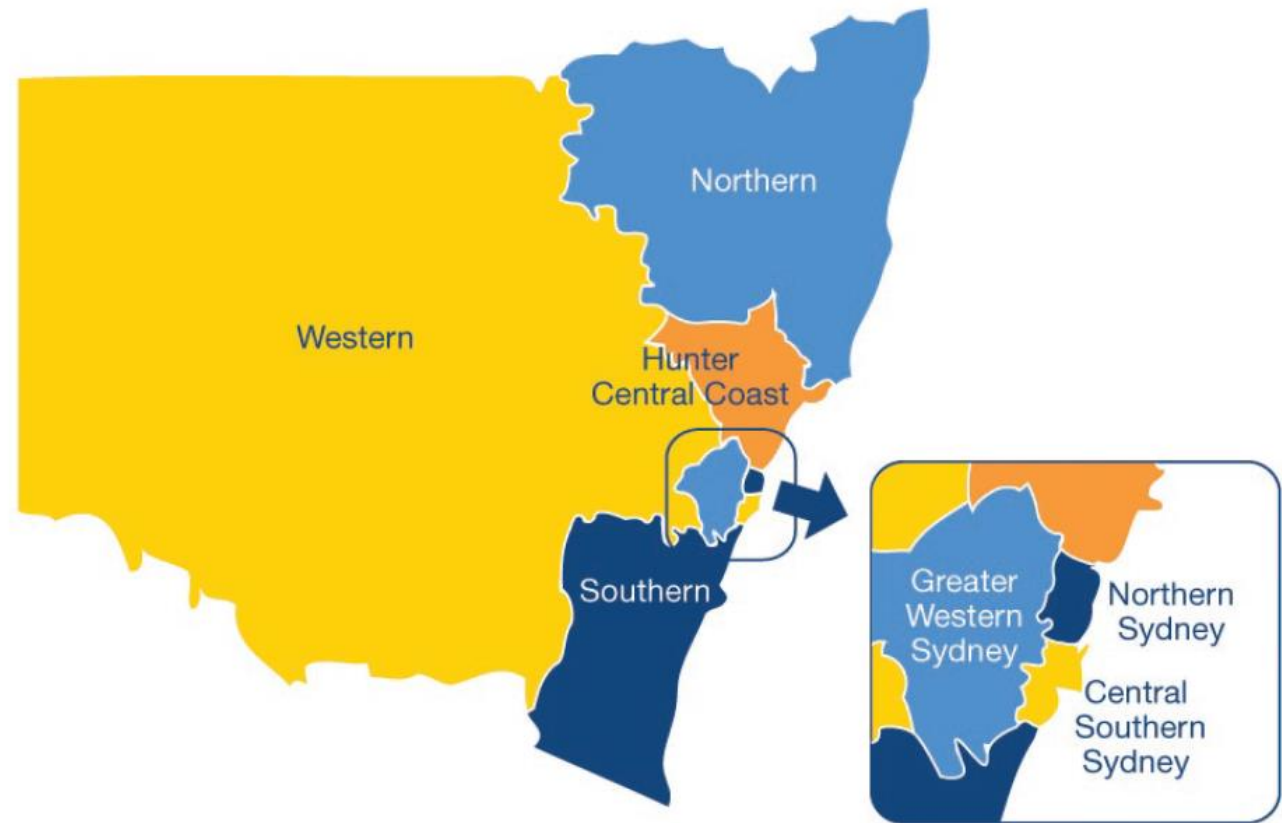
Cancer Connections

Online conversations between people affected by cancer.
www.cancerconnections.com.au

Supporting Support Groups

Support and training for support group leaders in establishing and maintaining a group.

Cancer Council NSW: Regional Offices



Metropolitan Sydney – Woolloomooloo & Crows Nest offices Ph (02) 9334 1754 info.cssr@nswcc.org.au www.cancercouncil.com.au/metro	North Sydney – Crows Nest office Ph (02) 9334 1600 northernssydney@nswcc.org.au www.cancercouncil.com.au/northsydney
Greater Western Sydney – Parramatta, Casula, Penrith & Rouse Hill offices Ph (02) 9354 2000 reception.parramatta@nswcc.org.au www.cancercouncil.com.au/westernsydney	Hunter Central Coast – Charlestown, Erina & Singleton offices Ph (02) 4923 0700 info.hunter@nswcc.org.au http://www.cancercouncil.com.au/local-services/hunter-central-coast-region/
Southern NSW – Wollongong, Bega & Queanbeyan offices Ph (02) 4223 0200 info.southern@nswcc.org.au http://www.cancercouncil.com.au/local-services/southern-region/	Northern NSW – Byron Bay, Coffs Harbour & Tamworth offices Ph (02) 6639 1300 info.farnorthcoast@nswcc.org.au http://www.cancercouncil.com.au/local-services/northern-region/
Western NSW – Wagga Wagga, Orange & Young offices Ph (02) 6937 2600 info.southwest@nswcc.org.au http://www.cancercouncil.com.au/local-services/western-region/	Cancer Council NSW Helpline Ph 13 11 20 <i>(cost of a local call)</i>



**Thank you
for coming.**

Any questions?