

Know the Signs and Symptoms of Cancer Tanda-Tanda Kanser di Kalangan Lelaki



1. Mouth or Tongue ulcer for > 3 weeks
Ulser mulut atau lidah > 3 minggu
2. Cough or croaky voice for > 3 weeks
Batuk atau suara serak > 3 minggu
3. Persistent difficulty swallowing
Kesukaran menelan makanan yang berlarutan
4. Blood in your bowel movement And / Or frequent and looser bowel motions > 4-6 weeks
Najis berdarah Dan/Atau kerap membuang air besar dan cirit birit > 4-6 minggu
5. Problem passing urine And/ Or blood in urine
Masalah semasa buang air kecil Dan/Atau kencing berdarah

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Life Insurance Association of Malaysia
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www.liam.org.my

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SIMPLE STEPS FOR **MEN** TO REDUCE YOUR RISK OF CANCER: LANGKAH-LANGKAH MUDAH BAGI **LELAKI** MENGURANGKAN RISIKO KANSER:



Don't Smoke. Quit Now
Jangan Merokok. Berhenti Sekarang.



Be Active. Move Your Body
Hidup Cergas. Lakukan Aktiviti Fizikal.



Be Healthy. Eat Right. Choose Plenty Of Fruits And Vegetables
Hidup Sihat. Makan Makanan Seimbang.
Lebihkan Sayur-sayuran dan Buah-buahan.



Be Smart. Ask About Screening. Early detection saves lives
Hidup Bijak. Tanyalah Tentang Ujian Saringan.
Pengesanan Awal Menyelamatkan Nyawa



www.carif.com.my

A Note from the CEO

Over the past 10 years, Cancer Research Initiatives Foundation (CARIF) has been conducting research to find out more about the genes that cause cancer and to find a cure for cancer. But this is only half the battle. We continue to face late presentation to cancer in Malaysia for the cancers that can be detected early (such as breast, oral and colorectal cancer). Many Malaysians still do not want to talk about cancer. Perhaps we think that by not facing a problem, it will go away on its own. Unfortunately, lack of awareness means that whereas fewer people are dying of cancer in USA, more Malaysians are getting cancer and more Malaysians are dying from cancer.

Through the support from Life Insurance Association of Malaysia (LIAM), this “Be Frank. Help Beat Cancer” booklet is dedicated to raising awareness for all Malaysians. The campaign is inspired by Frank Chong, a 35 year old cancer survivor, who has beaten the odds by surviving cancer when he was eleven. Through this campaign, we hope to inspire cancer patients and their families to be like Frank, to help us raise awareness and raise funds for cancer research. We also use the word “Frank” to encourage Malaysians to be open about cancer and to dispel the myths around cancer. What will YOU do to help us raise awareness for cancer and raise funds for cancer research?

Play your part – help us spread the right messages about signs and symptoms of cancer! You. Me. We can beat cancer.

Selama 10 tahun, Yayasan Inisiatif Penyelidikan Kanser (CARIF) telah menjalankan penyelidikan tentang gen penyebab kanser dan seterusnya mencari penawarnya. Namun, itu hanyalah sebahagian daripada perjuangan. Di Malaysia, kebanyakan kanser yang sepatutnya dikesan awal (seperti kanser payudara, oral dan kolorektal) dikesan hanya pada masa yang lewat yakni tidak dapat diubati. Tambahan pula, ramai rakyat Malaysia masih enggan berbicara tentang kanser. Ramai berfikir kanser akan hilang sekiranya tidak berfikir mengenainya. Sikap ini menyebabkan tiada atau kurang kesedaran tentang kanser. Akibatnya, semakin ramai rakyat Malaysia akan menghidap dan seterusnya meninggal akibat kanser berbanding Amerika Syarikat di mana tahap kesedaran adalah tinggi.

Melalui sokongan daripada Persatuan Insurans Hayat Malaysia, buku “Be Frank. Help Beat Cancer” diterbitkan khusus untuk meningkatkan kesedaran. Inspirasi kempen ini adalah Frank Chong, 35 tahun yang berjaya mengatasi kanser ketika berusia 11 tahun. Kami berharap kempen ini dapat memberi ilham dan kekuatan kepada pesakit-pesakit kanser serta keluarga mereka untuk menjadi seperti Frank, membantu kami meningkatkan kesedaran dan meraih dana bagi penyelidikan kanser. Ungkapan ‘Be Frank’ juga menggalakkan agar lebih bersikap terbuka dan menyingkirkan segala mitos mengenai kanser. Apa yang akan ANDA lakukan untuk meningkatkan kesedaran tentang kanser dan meraih dana bagi penyelidikan kanser?

Bersama-samalah kita menyebarkan mesej yang tepat tentang tanda-tanda dan gejala kanser! Anda. Saya. Kita mampu perangi kanser bersama.

Professor Dr Teo Soo Hwang

Chief Executive and Group Leader, Breast Cancer Research
Ketua Eksekutif dan Ketua Penyelidik, Kanser Payudara

Prostate Cancer is the 4th most common cancer amongst males in Malaysia (National Cancer Registry 2003-2005).

Prostate cancer can be treated—if diagnosed at an early stage.

Signs and Symptoms

- ▶ Passing urine more during the day
- ▶ Need to get up many times to urinate at night
- ▶ Difficulty starting urination or holding back urine
- ▶ Weak or interrupted flow of urine
- ▶ Painful or burning urination
- ▶ Difficulty in having an erection
- ▶ Painful ejaculation
- ▶ Blood in urine or semen
- ▶ Frequent pain or stiffness in the lower back, hips, or upper thighs

Prevention

- ▶ **Healthy diet**
 - Eat plenty of fruit and vegetable
 - Cut down on fatty food and red meat
 - Drink plenty of water
- ▶ **Exercise**
 - Regular exercise help maintains a healthy weight

Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor if there are any signs and symptoms. However take note that a number of prostate cancer patients did not present with any signs and symptoms.

Screening by the PSA (Prostate Specific Antigen) test, that measures the blood level of PSA can help detect prostate cancer early. Talk to your doctor about screening especially if there is family history of cancer. Early detection saves lives

Kanser prostat adalah kanser ke-4 paling kerap di kalangan lelaki Malaysia (National Cancer Registry 2003-2005).

Kanser prostat boleh dirawat jika dikesan pada peringkat awal.

Tanda-tanda dan gejala

- ▶ Kerap buang air kecil di siang hari
- ▶ Kerap bangun untuk buang air kecil pada waktu malam
- ▶ Sukar untuk memulakan atau menahan kencing
- ▶ Aliran air kencing yang tidak lancar
- ▶ Sakit atau pedih semasa buang air kecil
- ▶ Kesukaran mempunyai ereksi
- ▶ Sakit semasa ejakulasi (pancutan mani)
- ▶ Darah dalam air kencing atau air mani
- ▶ Sakit yang kerap di bahagian belakang, pinggang, atau pangkal paha

Langkah Pecegahan

- ▶ **Pemakanan Sihat**
 - Lebihkan makan sayur-sayuran dan buah-buahan
 - Kurangkan makanan berlemak dan daging merah
 - Minum air secukupnya
- ▶ **Bersenam**
 - Senaman membantu mencapai berat badan yang ideal

Bertindaklah sekarang. Amalkan hidup sihat. Buatlah temujanji dan berbincanglah dengan doktor anda sekiranya terdapat tanda dan gejala seperti di atas. Akan tetapi terdapat kes-kes yang mana pesakit kanser prostat tidak mempunyai sebarang tanda dan gejala.

Pemeriksaan ujian darah PSA (Prostate Specific Antigen), boleh membantu mengesan kanser prostat awal. Berbincanglah dengan doktor anda tentang saringan terutamanya jika anda mempunyai sejarah kanser dalam keluarga. Pengesanan awal menyelamatkan nyawa.

BE A MAN™

JADILAH SEORANG
LELAKI™

Be Frank Campaign Supporters & Survivors

"I strongly believe that there is hope to fight cancer. Healthy diet and lifestyle is the first step that you can take."

"Saya percaya sepenuh hati yang kita mampu perangi kanser. Mulakanlah dengan diet dan gaya hidup yang sihat."

Frank Chong

Cancer survivor and sole inspiration of the "Be Frank" Campaign
Bekas pesakit kanser dan inspirasi kempen "Be Frank"



"There's nothing to be ashamed of. That is why I want to "Be Frank" to encourage both men and women to come forward for screening, early diagnosis and early treatment."

"Tiada apa yang perlu disembunyikan. Kerana itulah saya ambil sikap "to Be Frank" untuk menggalakkan kesemua lelaki dan wanita datang untuk ujian saringan kanser, diagnosis awal and perubatan awal."



Dennis Tang
Nasopharyngeal cancer survivor
Bekas pesakit kanser nasofaring



"Knowing the signs and symptoms of cancer saved my life – it can save yours too. Why hide when you can have the chance to prolong the time you have with your family and loved ones?"

"Mengetahui tanda--tanda dan gejala kanser telah menyelamatkan hidup saya -- ia boleh menyelamatkan nyawa anda juga. Mengapa sembunyikannya jika anda berpeluang untuk panjangkan hayat anda dengan keluarga dan orang--orang tersayang? "

HS Koh

Colon cancer survivor
Bekas pesakit kanser usus



YOU CAN SQUEEZE A LOT INTO 5 FEET OF YOUR LARGE INTESTINE. INCLUDING CANCER.TM

USUS ANDA SEPANJANG 5 KAKI BOLEH MENGUMPUL PELBAGAI TERMASUK KANSER.TM

Nasopharyngeal Cancer (NPC) is the 3rd most common cancer amongst men in Malaysia (National Cancer Registry 2003-2005).

Nasopharynx is located behind the nose and above the back of throat. It is a common cancer in South East Asia hence also known as "Asian Cancer". It is linked to Epstein Barr virus (EBV) and all salted fish, "ikan bilis" and preserved food that we eat.

Signs and Symptoms

- ▶ Lump at the neck area
- ▶ Blood in saliva or phlegm
- ▶ Blood discharge from the nose
- ▶ Persistent nasal congestion
- ▶ Hearing loss, ringing in the ears, or a feeling of fullness in the ear
- ▶ Double vision
- ▶ Headaches and facial numbness

Prevention

- ▶ **Stop smoking**
 - For non-smokers - don't even think of starting!
 - Avoid second hand smoke
 - Set up a non smoking policy at home or office
- ▶ **Healthy diet**
 - Eat plenty of fruit and vegetable
 - Cut down on fatty food and red meat
 - Drink plenty of water
 - Avoid consumption of salted cured fish, meat and pickled
 - Reduce alcohol intake
- ▶ **Exercise**
 - Regular exercise help maintains a healthy weight

Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor if there are any signs and symptoms. Seek a specialist advice and do a scope check inside the nose immediately. Early detection saves lives.

Kanser nasofaring (NPC) adalah kanser ke-3 paling kerap di kalangan lelaki Malaysia (National Cancer Registry 2003-2005).

Nasofaring terletak di rongga belakang hidung (faring) dan belakang langit--langit rongga mulut atau hidung. Ia adalah kanser yang kerap berlaku di Asia Tenggara, juga dikenali sebagai "Kanser Asia". Ia dikaitkan dengan virus Epstein Barr (EBV), ikan masin, ikan bilis dan makanan yang diawet.

Tanda-tanda dan gejala

- ▶ Ketulan di bahagian leher
- ▶ Air liur atau kahak berdarah
- ▶ Hidung berdarah
- ▶ Hidung tersumbat yang berlarutan
- ▶ Hilang pendengaran, bunyi dengung di dalam telinga
- ▶ Penglihatan berganda
- ▶ Sakit kepala dan rasa kebas di bahagian muka

Langkah Pencegahan

- ▶ **Berhenti merokok**
 - Bagi mereka yang tidak pernah merokok – Jangan cuba!
 - Elakkan dari terdedah kepada asap rokok
 - Wujudkan polisi jangan merokok di rumah atau di pejabat
- ▶ **Pemakanan Sihat**
 - Lebihkan makan sayur-sayuran dan buah-buahan
 - Kurangkan makanan berlemak dan daging merah
 - Minum air secukupnya
 - Elakkan makanan berjeruk, diasinkan atau yang diawet
 - Kurangkan pengambilan alkohol
- ▶ **Bersenam**
 - Senaman yang kerap dapat membantu mencapai berat badan yang ideal

Bertindaklah sekarang. Amalkan hidup sihat. Buat temujanji dan berbincanglah dengan doktor anda untuk sekiranya terdapat tanda dan gejala seperti di atas. Berjumpalah dengan pakar untuk mendapat nasihat dan untuk pemeriksaan di dalam hidung secepat mungkin.

THE ANSWER
IS RIGHT
UNDER
YOUR NOSE.TM

JAWAPANNYA ADA
DI DEPAN ANDATM

Colorectal Cancer is the most common cancer among men in Malaysia (National Cancer Registry 2003-2005).

The good news is that over 50% of the cases could be prevented by knowing the signs and symptoms, healthy lifestyle and regular screening.

Signs and Symptoms

- ▶ Changes in bowel habit – diarrhea, constipation, or narrowing of stool, that lasts for more than a few days
- ▶ Blood in stool or in toilet after having a bowel movement
- ▶ Urge to have a bowel movement when bowel is empty
- ▶ Abdominal discomfort, pain and bloating
- ▶ Bleeding and mucus from the rectum
- ▶ Unintentional weight loss

Prevention

- ▶ **Regular Screening (50 – 75 years old)**
 - Fecal occult blood test (FOBT) yearly-test that checks blood in the stool OR
 - Sigmoidoscopy every 5 years with FOBT every 3 years OR
 - Colonoscopy every 10 years
- ▶ **Healthy diet**
 - Eat plenty of fruit and vegetable
 - Cut down on fatty food and red meat
 - Drink plenty of water
- ▶ **Exercise**
 - Regular exercise helps maintain a healthy weight

Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor for regular screening and if there are any signs and symptoms. Early detection saves lives.

Kanser kolorektal adalah kanser yang paling kerap di kalangan lelaki Malaysia (National Cancer Registry 2003-2005).

Walaupun begitu, lebih 50% daripada kes kanser kolorektal boleh dielakkan dengan mengetahui tanda-tanda dan gejala, gaya hidup sihat dan saringan berkala.

Tanda-tanda dan gejala

- ▶ Perubahan pada tabiat membuang air besar, cirit-birit dan sembelit berlarutan beberapa hari
- ▶ Najis berdarah ataupun darah pada tandas selepas buang air besar
- ▶ Berasa tidak lawas selepas buang air besar
- ▶ Sakit, kembung perut atau rasa tidak selesa di bahagian abdomen
- ▶ Pendarahan dan lendir dari rektum
- ▶ Penurunan berat badan tanpa sebab yang jelas

Langkah Pecegahan

- ▶ **Saringan berkala (50--75 tahun)**
 - Melakukan saringan 'Fecal Occult blood Test (FOBT)' di mana najis akan diperiksa untuk sebarang kesan darah setiap tahun ATAU
 - Ujian sigmoidoskopi setiap 5 tahun berserta FOBT setiap 3 tahun ATAU
 - Ujian kolonoskopi setiap 10 tahun
- ▶ **Pemakanan Sihat**
 - Lebihkan makan sayur-sayuran dan buah-buahan
 - Kurangkan makanan berlemak dan daging merah
 - Minum air secukupnya
- ▶ **Bersenam**
 - Senaman yang kerap membantu mencapai berat badan yang ideal

Bertindaklah sekarang. Amalkan hidup sihat. Buat temujanji dan berbincanglah dengan doktor anda untuk mendapatkan saringan dan sekiranya terdapat tanda--tanda dan gejala seperti di atas. Pengesanan awal menyelamatkan nyawa.

NO BUTTS.
STOP
SMOKING
A.S.A.P.TM

JANGAN BERLENGAH
LAGI. BERHENTI
MEROKOK SECEPAT
MUNGKIN.TM

Lung Cancer is the 2nd most common cancer amongst males in Malaysia and increasing amongst females (National Cancer Registry 2003-2005).

The good news is that, lung cancer can be prevented with healthy lifestyle. Tobacco causes 80 % of lung cancer cases in men and 50% in women worldwide.

Signs and Symptoms

- ▶ Persistent cough
- ▶ Hoarseness of voice
- ▶ Blood stained phlegm
- ▶ Chest pain
- ▶ Shortness of breath
- ▶ Unintentional weight loss

Prevention

- ▶ **Stop smoking**
 - For non-smokers - don't even think of starting!
 - Avoid second hand smoke
 - Set up a non smoking policy at home or office
- ▶ **Healthy diet**
 - Eat plenty of fruit and vegetable
 - Cut down on fatty food and red meat
 - Drink plenty of water
- ▶ **Exercise**
 - Regular exercise help maintains a healthy weight

Take action now. Lead a healthy lifestyle. Make an appointment and discuss with your doctor if there are any signs and symptoms. Early detection saves lives.

Kanser paru-paru merupakan kanser ke-2 paling kerap di kalangan lelaki Malaysia dan mungkin meningkat di kalangan wanita (National Cancer Registry 2003-2005).

Walaupun begitu, kanser paru-paru boleh dielakkan dengan mengamalkan gaya hidup sihat. Tembakau menyebabkan 80% daripada kes kanser paru-paru pada lelaki dan 50% wanita di seluruh dunia.

Tanda-tanda dan gejala

- ▶ Batuk yang berlarutan atau semakin teruk
- ▶ Suara serak
- ▶ Kahak mengandungi darah
- ▶ Sakit dada
- ▶ Sesak nafas
- ▶ Penurunan berat badan tanpa sebab yang jelas

Langkah Pencegahan

- ▶ **Berhenti merokok**
 - Bagi mereka yang tidak pernah merokok – Jangan cuba!
 - Elakkan dari terdedah kepada asap rokok
 - Wujudkan polisi jangan merokok di rumah atau di pejabat
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