

SIMPLE STEPS FOR **MEN**
TO REDUCE YOUR RISK OF CANCER:

降低 **男性**
患上癌症风险的简单步骤:



Don't Smoke. Quit Now
别吸烟。立刻戒烟



Be Active. Move Your Body
时刻充满活力。多活动您的身体



Be Healthy. Eat Right. Choose Plenty Of Fruits And Vegetables
保持健康。均衡饮食。多吃蔬菜与水果



Be Smart. Ask About Screening. Early Detection Saves Lives
智慧生活。咨询体检的相关资讯。及早发现可挽救生命



A Note from the CEO

Over the past 10 years, Cancer Research Malaysia 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 of 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 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.

首席执行官的话

在过去的10年里，马来西亚癌症研究基金会（Cancer Research Malaysia）持续地进行研究，以更深入地了解导致人类患上癌症的人体基因，并研发治疗癌症的方法。然而，我们只成功了一半。在大马，许多可以提早发现，并进行治疗的癌症案例（肺癌、口腔癌和大肠癌等）经常在晚期时才被发现。此外，许多马来西亚人依然拒绝讨论与癌症有关的课题。或许大部分的大马人误认为，只要逃避癌症课题，则它将自行消失。不幸的是，在越来越少美国人死于癌症的同时，由于缺乏觉醒而死于癌症的大马人却逐年增加。

在马来西亚寿险公会（LIAM）的全力支持下，我们印刷了一本名为「Be Frank, Help Beat Cancer」，中文译名为「坦诚，协助对抗癌症」的小册子，希望可以借此提高马来西亚人对癌症的觉醒。这一项活动是由35岁的曾伟雄（Frank Chong）发起。曾伟雄是一名抗癌勇士，他于11岁患上癌症，并战胜癌症。我们希望通过透过这一项活动激励癌症患者与其家属，鼓励他们学习曾伟雄的精神，致力提高公众对癌症的觉醒，并协助我们筹集资金，以进行癌症的相关研究。我们也以「坦诚」这主题来鼓励马来西亚人，以开明的态度来揭开癌症的神秘面纱。您将采取什么行动，以协助我们提高大马人对癌症的觉醒及筹集资金进行癌症研究呢？

扮演您的角色 - 帮助传播癌症的正确信息，确保大家了解癌症的症状和征兆！您我并肩，我们可以战胜癌症。

Professor Dr Teo Soo Hwang 张素芳博士教授

Chief Executive and Group Leader, Breast Cancer Research
Cancer Research Malaysia 首席执行官、乳癌研究组组长

Be Frank Campaign Supporters & Survivors

"Be Frank" 活动的支持者与抗癌勇士

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

“我坚持相信，我们永远有希望战胜癌症。您可透过健康的饮食习惯与生活方式跨出第一步。”

Frank Chong 曾伟雄

Cancer survivor and sole inspiration of the "Be Frank" Campaign
抗癌勇士、“Be Frank”活动发起人



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

“没有什么需要感到羞愧的。这就是为什么我参与 "Be Frank" 活动，鼓励大家不分男女、坦诚地面对癌症，进行体检，提早诊断与接受治疗。”



Dennis Tang

Nasopharyngeal cancer survivor
鼻咽癌幸存者



"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?"

“了解癌症的症状与征兆不仅救了我一命，也可以拯救您的性命。为什么要躲避可以延长您与家人、亲人相聚时间的机会呢？”

HS Koh

Colon cancer survivor
结肠癌幸存者



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

您可以在五尺的
大肠放置很多东西，
包括癌。™

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.

大肠癌在大马男性癌症排行榜中，排名第一，是最常见的癌症。（国家癌症登记局 2003-2005年）。

好消息是，50% 以上的大肠癌案例可透过了解症状和征兆、健康的生活方式与定期检查预防。

症状与征兆

- ▶ 排便习惯改变 – 腹泻、便秘或粪便变细，并持续超过几天
- ▶ 粪便有血
- ▶ 没有粪便却有排便的感觉
- ▶ 腹部不适、疼痛、肿胀
- ▶ 从直肠排出一些粘液、血液
- ▶ 体重剧减

预防

- ▶ **定期检查 (50-75岁)**
 - 每年进行粪便潜血试验 (Fecal Occult Blood Test, 或简称 FOBT)，检测出粪便里是否有血
 - 每5年进行一次直肠乙状结肠镜检 (Sigmoidoscopy)，或同时在每三年进行一次粪便潜血试验
 - 每10年进行一次结肠镜检查 (Colonoscopy)
- ▶ **健康饮食**
 - 多吃蔬菜与水果
 - 减少食用高脂肪食物与红肉
 - 多喝水
- ▶ **多运动**
 - 经常运动有助于维持健康的体重

现在就采取行动。维持健康的生活方式。一旦发现任何症状和征兆，立即与您的医生预约，以进行讨论。及早发现可挽救生命。

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

让烟头消失。
立刻戒烟！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.

肺癌在大马男性癌症排行榜中，排名第二，女性患上肺癌的几率也在逐年上升（国家癌症登记局 2003-2005年）。

好消息是，肺癌可以透过健康的生活方式预防。全球 80% 的男性肺癌病例与 50% 的女性肺癌都是由烟草导致的。

症状与征兆

- ▶ 持续性咳嗽
- ▶ 声音沙哑
- ▶ 痰带血丝
- ▶ 胸部疼痛
- ▶ 难以呼吸，气促
- ▶ 体重剧减

预防

- ▶ **戒烟**
 - 非吸烟者 - 千万不要开始抽烟！远离二手烟
 - 在家里或办公室设立禁烟条例
- ▶ **健康饮食**
 - 多吃蔬菜与水果
 - 减少食用高脂肪食物与红肉
 - 多喝水
- ▶ **多运动**
 - 经常运动有助于维持健康的体重

立即采取行动。维持健康的生活方式。一旦发现任何症状和征兆，立即与您的医生预约，以进行讨论。及早发现可挽救生命。

THE ANSWER
IS RIGHT
UNDER
YOUR NOSE.™

答案就在
您鼻子的下方。™

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.

鼻咽癌在大马男性癌症排行榜中，排名第三。
(国家癌症登记局 2003-2005年)。

鼻咽位于鼻子后方、喉咙后部的上方。鼻咽癌在东南亚地区常见，因此也被称为“亚洲癌症”。它一般与艾伯斯坦-巴尔病毒 (Epstein-Barr Virus, 简称EBV)、咸鱼、江鱼仔和腌制食品有关。

症状与征兆

- ▶ 颈部淋巴结肿大
- ▶ 唾液或痰液中帶血
- ▶ 流鼻血
- ▶ 持续性鼻塞
- ▶ 听力下降，耳鸣，或耳塞
- ▶ 复视
- ▶ 头痛与脸部麻木

预防

- ▶ **戒烟**
 - 非吸烟者 - 千万不要开始抽烟！远离二手烟
 - 在家里或办公室设立禁烟条例
- ▶ **健康饮食**
 - 多吃蔬菜与水果
 - 减少食用高脂肪食物与红肉
 - 多喝水
 - 避免食用咸鱼、腌制肉类与任何腌制食品
 - 少喝酒
- ▶ **多运动**
 - 经常运动有助于维持健康体重

现在就采取行动。维持健康的生活方式。一旦发现任何症状和征兆，立即与您的医生预约，以进行讨论。征求专家的意见，并立即进行鼻内窥镜镜检查。及早发现可挽救生命。

BE A MAN.TM

成为一名男人。TM

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 life style. 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 a family history of cancer. Early detection saves lives.

前列腺癌在大马男性癌症排行榜中，排名第四。
(国家癌症登记局 2003-2005年)。

前列腺癌如果早期被发现，可以被治好。

症状与征兆

- ▶ 白天排尿次数较多
- ▶ 尿频，晚间多次起床排尿
- ▶ 排尿困难或无法憋尿
- ▶ 尿流无力或排尿不顺畅
- ▶ 排尿时感到疼痛或灼热
- ▶ 勃起困难
- ▶ 射精疼痛
- ▶ 尿里或精液有血
- ▶ 后腰、臀部或大腿频繁疼痛与僵硬

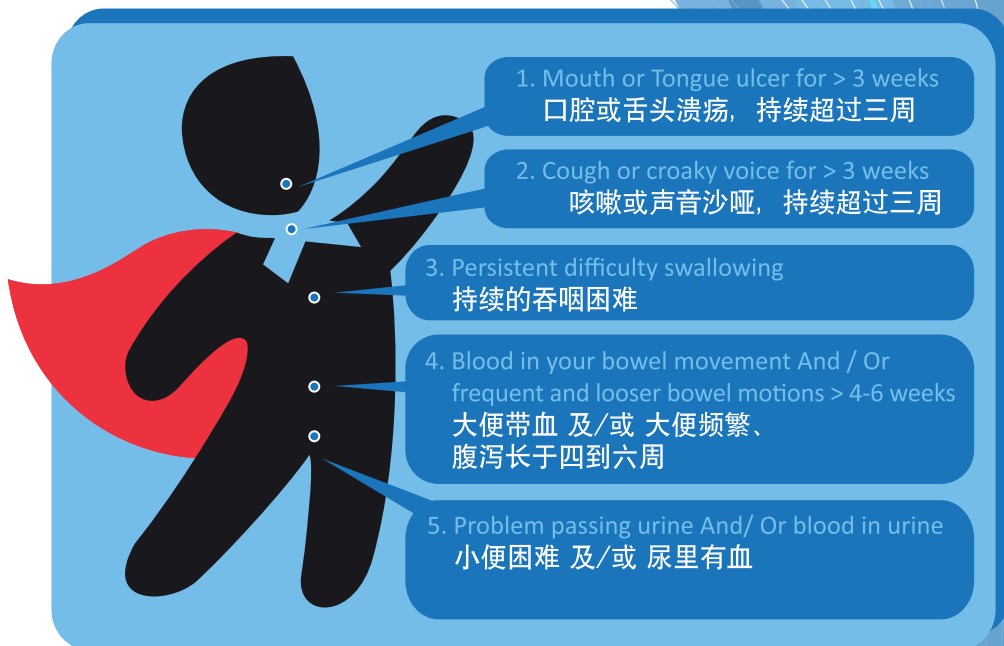
预防

- ▶ **健康饮食**
 - 多吃蔬菜与水果
 - 减少食用高脂肪食物与红肉
 - 多喝水
- ▶ **多运动**
 - 经常运动有助于维持健康的体重

现在就采取行动。维持健康的生活方式。一旦发现任何症状和征兆，立即与您的医生预约，以进行讨论。然而，在一部分的前列腺癌症患者身上，并没有出现任何的症状与征兆。因此，进行前列腺特异抗原 (Prostate Specific Antigen, 简称 PSA) 检验，测量血液内的 PSA 水平，能帮助提早发现是否患上前列腺癌。与您的医生详谈，特别是如果您的家族有人曾经患上癌症。及早发现可挽救生命。

Know the Signs and Symptoms of Cancer

了解男性患上癌症的症状与征兆



Produced by:
印刷单位:



**cancer
research
malaysia**

Formerly known as Cancer Research Initiatives Foundation

Printed and distributed as part of INSURANS HAYAT CARES community project by:
配合 INSURANS HAYAT CARES 社区关怀计划印刷与派发



Persatuan Insurans Hayat Malaysia
Life Insurance Association of Malaysia

Insurans Hayat 
Cares

马来西亚寿险公会

Life Insurance Association of Malaysia
Tel 电话号码: 03-2691 6628/6168/8068
www.liam.org.my

All Rights Reserved to Cancer Research Malaysia.
版权所有©马来西亚癌症研究基金会