



How can you help?

The Cancer Support Group (CSG) is an independent Association (Charity No. G57773749)

You can help in different ways...

Volunteer

We often need volunteers, either to help us at fairs and shows or to offer practical help to those who need our assistance. If you would like to volunteer we will add you to a mailing list and every time the need arises we will contact you. If you are available and able to help please let us know.

Become a Member

For a fee of €20 a year you can become one of our members. Once we have received payment we will send you a CSG Membership card. This will entitle you to attend the yearly AGM. There are many local businesses who collaborate with CSG, offering our members discounts and special offers. To see what offers are available at the moment please check out our website or follow our Facebook Page.

Donate

You can donate as much and as often as you like, either direct into our bank account or through Paypal (see our website)

La Caixa E582 2100 1042 6602 0025 6818 CAIXESBBXXX

Please fill in the following details and email to: rebecca@cancersupportmallorca.com or post to: CSG, Camino Son Toells 19, Edif. Es Pi, PB 5, Palma, Balears 07015 (the same form is on our website)

Name:

Surname:

Address:

Town: Post Code:

Telephone:

Email:

I would like to (please select all the appropriate options)

Become a CSG Member

Become a CSG Volunteer

Sign up for the CSG Bi-Monthly newsletter

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
- **Early detection** can help prevent the spread of secondary conditions
- It pays to be **self aware**. Get into the habit of checking regularly
- **Don't waste time**. If you are concerned, speak to your GP!

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

Prostate cancer

Prostate cancer is now increasingly affecting men as young as 40.

It is the most common form of cancer after lung cancer and the sixth leading cause of cancer death worldwide.

It is **MOST IMPORTANT** when you notice any change to get to the doctor quickly.

Men with early prostate cancer may have no symptoms. However there are 6 important things to watch out for:

- **Needing to pass water more frequently, especially at night.**
- **Problems when starting to urinate**
- **Weak flow when urinating.**
- **Feeling that your bladder is not empty.**
- **The urge to rush to the toilet - and leaking before you start to urinate.**
- **Dribbling urine.**

**Speak to your GP and get yourself checked immediately.
And spread the word!**

TESTicular cancer

Testicular cancer is the leading cancer in young men aged 15 to 45.

More men of this age die of this cancer than women of breast cancer. WHY?

**MEN DO NOT CHECK THEMSELVES
THEY ARE TOO EMBARRASSED TO
GO TO THE DOCTOR!
WE NEED TO SPREAD THE WORD
TO SAVE LIVES!**

Do you know what to look for?

It only takes a minute; it could save your life!

The best time to check is after a shower.

Learn to feel for any differences like hard lumps or swelling in your testicles and begin to be self-aware.

Easy as ABC... Always Be Checking!

Not every lump is cancer, so don't panic.

**Speak to your GP and get yourself checked immediately.
And spread the word!**

For information or help:

Tel. 659 887 455 or email info@cancersupportmallorca.com

