

*Unite is committed to improving health
and safety in all workplaces*



HEALTH ISSUES

Cancers and the way to good health

Raising Awareness

Prostate Cancer: the most commonly diagnosed male cancer in the UK

Over **27,000** new cases each year



Raising Awareness

The Facts

- **2 1/2 million men** have symptoms due to prostate problems
- **1 in 3 men** will have prostate problems during their life
- **1 in 12 men** develop prostate cancer
- **10,000 men** die annually





Raising Awareness The Facts

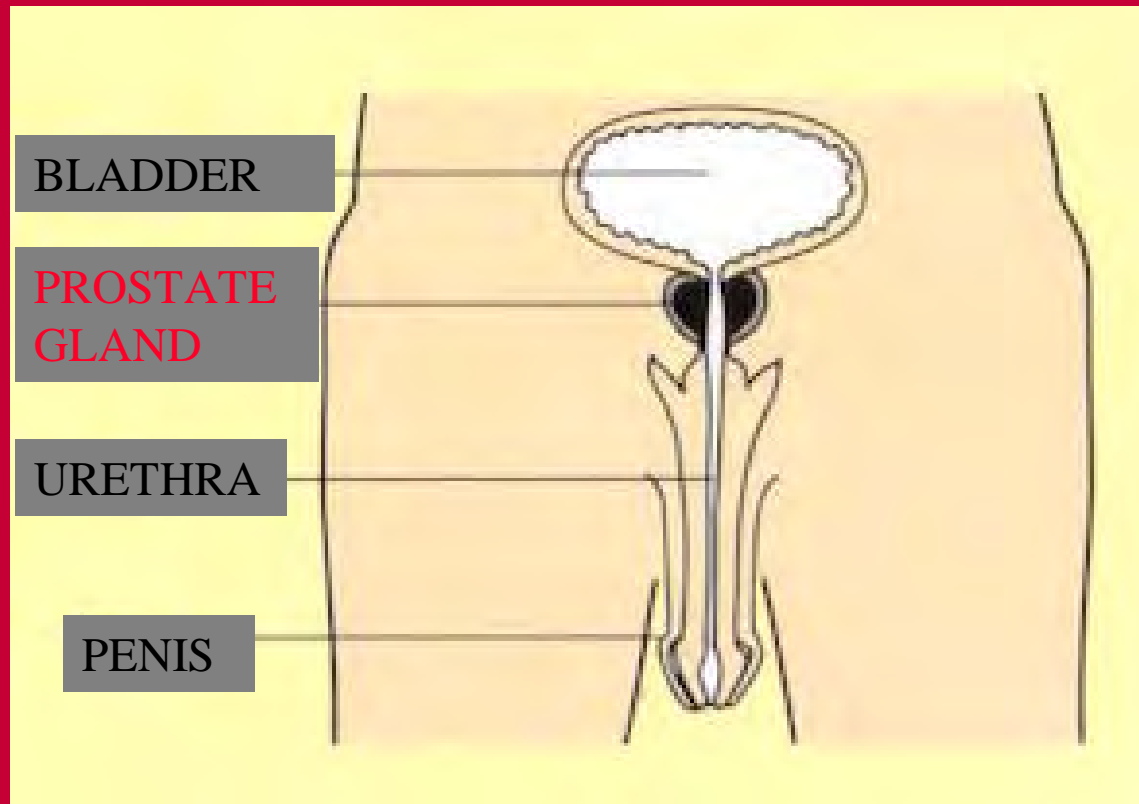
- **In UK just half** of men survive more than **5 years**
- Almost the poorest in Europe
- Several prostate gland diseases
- They affect young men as well
- Where is it? What does it do?



The Prostate Gland

Size of a walnut

Doughnut shaped



Lies at the base of the bladder

What is the prostate gland?

- Size of a walnut, doughnut shaped
- Lies at the base of the bladder
- Produces fluid (semen) nourishes and protects the sperm on ejaculation
- Human race extinct without it

Diseases of the Prostate gland?

- **BPH:** Benign Prostatic Hyperplasia
Enlargement of the gland in older men.
- **Prostatitis:** Inflammation of the gland
Can affect men at any age and is painful
- **Prostate Cancer:** The most serious
With risk increasing over 50

What is Prostate Cancer?

- Cells within the gland divide and grow in an uncontrolled manner
- A cancerous gland starts to grow
- Not like an enlarged prostate (BPH)
- Cells can breakthrough the wall of the prostate gland
- Spread to surrounding tissue
- Can go into the bones, spine

Tests Available at local GP level

- **DRE, Digital Rectal Examination**
Uncomfortable, embarrassing, not painful.
- **PSA, Prostate Specific Antigen,**
Protein that the prostate produces
- **Prostate problems** levels can go up
Can produce false positives.

PSA Testing

- PSA is a protein produced in the cells of the prostate gland
- PSA cannot distinguish or diagnose cancer
- PSA can help to identify a problem with the prostate

Raised PSA Levels

PSA can be raised for a number of reasons:-

- BPH
- Prostatitis
- Exercise (e.g cycling)
- Sexual intercourse
- Prostate manipulation e.g DRE
- Prostate Cancer

PSA Range

- 40 – 45 yrs 0 – 2.5 ng/ml
- 50 – 59 yrs 0 – 3.5 ng/ml
- 60 – 69 yrs 0 – 4.5 ng/ml
- 70 – 79 yrs 0 – 6.5 ng/ml

Signs and Symptoms

- **Frequency * Urgency * Hesitancy**
- **Straining** or difficulty finishing flow
- **Weak** or weaker **flow**
- Feeling **bladder** has not **emptied** completely or **dribbling**
- **Pain** on **passing urine/ejaculation**
- **Impotence**
- **Lower back pain**

Referral to Urologist

Urinary symptoms, DRE and PSA may indicate referral for:-

- TRUS biopsy
- MRI Scan
- CT Scan
- Bone Scan

Potential Risk Factors

- Age – PC is a condition of ageing
- Ethnicity – African Caribbean men are at a higher risk
- Family history
- Diet (high in animal fats)

Prevention

- Eastern civilisation has a much lower incidence of prostate cancer
- Vegetarians – 30% lower risk
Reduce saturated fats, increase fruit & veg, oily fish, tomato products
- Frequent ejaculation

Outcome

- 80% of contained prostate cancers- cured
- UK – over 60% prostate cancer not detected until an advanced stage



Role of the Charity

Helpline: 0845 300 8383

- To raise public awareness and understanding of prostate cancer
- To provide information and support to prostate cancer patients and their family and friends
- To raise funds for scientific research into prostate cancer



Testicular Self Examination



REGULAR EXAMINATION COULD
SAVE YOUR LIFE

How to carry out TSE

- Regular examination - at least once a month
- Know what is normal
- Ideally in a bath or shower
- Using both hands roll the testicle between the thumb and fingers
- The testicle should be smooth with no lumps or swellings



Cervical Cancer

- 3,000 new cases every year in UK
- Just over 1000 woman die each year
- Between 20-64 years consider smear test
- Usually carried out every 3-5 years
- Some Symptoms

Bleeding between periods

Bleeding after menopause (if stopped >6 months)

Unusually heavy discharge lower pelvic pain



Cervical Cancer

- Scientists linked cervical cancer to a virus
- Human Papilloma Virus HPV
- A lot of women will be infected / common
- If HPV persists can lead to changes cervix
- Screening detects changes cells removed
- 2 international drug companies:vaccine
- Research suggests early vaccination
- Survey:Mothers in favour of vac Daughters
- Hopeful it will eradicate cervical cancer

Breast Cancer

- 44,000 women diagnosed each year
- World wide a million women a year
- 300 men are also diagnosed in UK
- 12,000 women UK die each year, 100 men
- 1,400 deaths under 50, half over 70
- Fallen by a third since its peak in 80's
- Screening and self detection are essential



Breast Cancer

1. Mammography 50 years and over
Every 2 years
 - Strong family history
 - Lumps or swellings breast or armpit
 - Pain or odd sensation in either breast (not menstrual)
 - New dents, puckers or dimple



Breast Cancer

- Change in size or shape
- Prominent veins in one breast – different than usual
- Nipple discharge or bleeding
- Rash on or around nipple
- 'Orange peel' look to skin

What is Asbestos

- Asbestos is a naturally occurring mineral.
- Three most common found types:
 - crocidolite ('blue asbestos')
 - amosite ('brown asbestos')
 - chrysotile ('white asbestos')
 - First two are more dangerous reasons not clear
 - Its built up a myth around white asbestos (130 x)
 - One study has shown 41 deaths when 0.3 expected
 - White asbestos is curved less durable but deadly
 - There is now an import ban, Canada wants re-use (GP



Why is Asbestos harmful

- When disturbed can break down into sharp fibres
- Fibres lodge in the lungs and do not dissolve.
- 3 main diseases:
 - asbestosis;
 - lung cancer;
 - mesothelioma.



A special mention for Cancer

- 1 in 3 will develop cancer in their lifetime
- Early detection can prevent 90% of cancer deaths
- Cells normally divide in an ordered and controlled way Process out of control
- Tumor - Benign (non-spreading) or Malignant



Investment tips for better health...

Don't Smoke!

- Smoking causes cancer, heart disease & chronic lung disease
- It is the biggest AVOIDABLE risk factor for cancer
- Causes 1/3 of all cancer deaths
- 90% of lung cancers are due to smoking
- Quality of life



Alcohol in Moderation



- Excessive alcohol consumption over time has been linked with:
- **Cancers, heart disease, stroke, liver disease**
- **Many other ailments and social problems**
- **Heavy drinkers who smoke are at a much higher risk**

Don't fool yourself

My Doctor said "Only 1 glass of alcohol a day". I can live with that.



Reduce Fatty Food Intake



Western countries

People eat A lot of :

Meat * Butter * Dairy products

So higher risk of Cancers :

Breast* Bowel* Prostate

*A SENSIBLE DIET CAN
REDUCE THIS RISK!



HEALTHY BALANCED DIET

- Includes plenty of fruit & vegetables

AIM TO EAT 5 PORTIONS PER DAY

- Includes foods that are high in fibre
- Be low in fat & red & processed meat
- See: www.5aday.nhs.uk



Increase levels of physical activity

- Aim for 30 minutes of moderate physical activity most days of the week:
 - Breathe a little faster
 - Feel warmer
 - Heart beat slightly faster
- Make it part of your daily routine:
 - Walk/Cycle to WORK
 - Take stairs, not lift
 - Put more energy into everyday tasks



Improve Work place conditions

- Unite calls for cancer review
- HSE estimate 6000 deaths a year
- Death toll could be as high as 24,000
- New chemicals, unregulated industries, women in work. Cost £29bn a year
- Body mapping
- Ensure chemicals substituted
- Ensure engineering controls /PPE is used
- Ensure safety reps do regular inspections



Asbestos Register Assessment

- Type of Fibre
 - **Crocidilite: 3 Amosite: 2 Crysotile : 1**
- Type of Material
 - **Lagging: 3 Boards: 2 Cement: 1**
- Condition (Damage)
 - **High: 3 Medium: 2 Low: 1 None: 0**



Me, We

