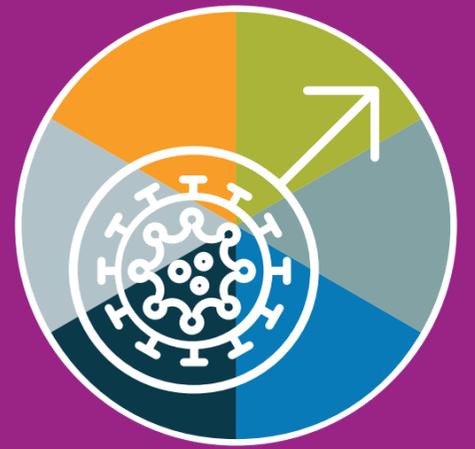


# 5

## facts about cancer in men



### 1

#### Cancer is a rising burden in men



In Australia:

- prostate, melanoma, bowel or colorectal, and lung cancer are the most common cancers in men
- bowel and prostate cancer incidence is rising in younger men
- men are 50 per cent more likely to die of cancer than women.

### 2

#### Physiotherapy supports men's physical recovery from cancer

Physiotherapy can address cancer treatment side effects with:

- tailored exercise programs including aerobic, resistance and flexibility training
- pelvic floor muscle training
- specialised interventions including balance training and manual therapy.



### 3

#### Confidence and body image can be rebuilt in men with cancer

Physiotherapists are well positioned to:

- restore function
- reduce treatment side effects
- improve quality of life during and beyond cancer treatment
- positively influence body image and masculinity.



### 4

#### Physiotherapists play a key role in cancer prevention and early intervention

Physiotherapists can:

- promote early detection by identifying red flags and referring
- prescribe physical activity and exercise to reduce recurrence and improve survival
- manage cancer-related impairments such as lymphoedema, pain and pelvic dysfunction
- advocate for rehabilitation from diagnosis to end of life.



### 5

#### Exercise is medicine for men with cancer

In cancer care, exercise:

- builds physiological reserves, reduces complications and speeds recovery
- helps manage side effects including fatigue and psychological distress
- accelerates return to daily activities and improves continence and sexual health
- reduces recurrence and prevents disease progression.



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