

Know your prostate

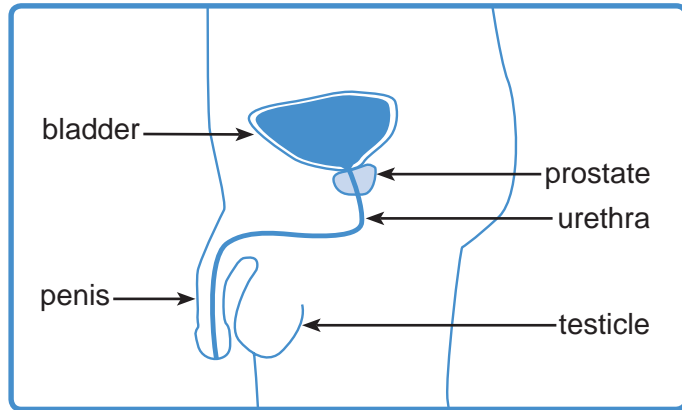


A quick guide

THE
PROSTATE
CANCER CHARITY

What is the prostate gland?

Only men have a prostate gland. In young men, the gland is usually the shape and size of a walnut and it increases slowly in size with age. It lies underneath the bladder and surrounds the tube (urethra) that men pass urine and semen through. The gland's main job is to make most of the fluid that carries sperm (semen).



What changes should I look out for?

Some men with prostate cancer may have no symptoms at all. But if you have any problems with your waterworks, it might be a sign of a prostate problem.

The main types of prostate problem are:

- a non-cancerous enlargement of the prostate called Benign Prostatic Hyperplasia (BPH) – this is the most common prostate problem
- inflammation or infection of the prostate (prostatitis)
- prostate cancer

Each of these prostate problems can cause similar symptoms. These may include:

- A weak or reduced urine flow
- Needing to urinate more often, especially at night
- A feeling that your bladder has not emptied properly
- Difficulty starting to pass urine
- Dribbling urine
- Needing to rush to the toilet – you may occasionally leak urine before you get there

Less common symptoms include:

- Pain when passing urine
- Pain when ejaculating
- Pain in the testicles

If you have any of these symptoms, you should visit your GP to find out what is causing the problem.

What is BPH?

BPH is a very common non – cancerous condition that affects many men from the age of about 50. The prostate gland gets bigger as you get older and sometimes presses on the tube you pass urine through (urethra). This can cause problems with passing urine.



What is prostatitis?



Prostatitis can affect men of any age but is more common in men aged between 30 and 50. It can be caused by an infection or inflammation of the

prostate gland. It can cause pain or aching in the lower back, legs or testicles and sometimes stinging when you pass urine.

Prostate cancer is the most common cancer in men in the UK

35,000 men are diagnosed with prostate cancer every year in the UK

One man dies every hour of prostate cancer in the UK

What is prostate cancer?

Prostate cancer can develop when cells in the prostate gland start to grow in an uncontrolled way. In most men prostate cancer grows slowly and may not cause any problems. But some prostate cancers grow quickly and need early treatment to stop or delay them from growing.

What are the symptoms?

Some men with prostate cancer may have no symptoms at all. However some men may have some of the symptoms described earlier in this leaflet. Other symptoms you may get include:

- New pain in the lower back, hips or pelvis
- Problems getting or keeping an erection
- Blood in the urine or semen – but this is rare.

You do not need to have all of these symptoms to have a problem. These symptoms can also be caused by other prostate problems such as BPH, so it is important to see your doctor to find out what is causing your symptoms.



Am I at risk of prostate cancer?

Only men can get prostate cancer. Things that may affect your risk of getting prostate cancer are:

- Age: more than eight out of every ten prostate cancer cases (85%) are diagnosed in men over the age of 60.
- Ethnicity: African Caribbean men are three times more likely to develop prostate cancer than white men.
- Family: you are two and a half times more likely to develop prostate cancer if your father or brother has had it.
- Diet: no one knows how to prevent prostate cancer, but diet and a healthy lifestyle may be important in protecting against the disease.

The Prostate Cancer Charity is the UK's leading charity working with people affected by prostate cancer. We are fighting prostate cancer on every front – through research, support, information and campaigning. We rely on charitable donations to continue this work. If you would like to make a donation, please call us on 020 8222 7666.

Where can I get more information?

The information in this card comes from our booklet, **Know your prostate: a guide to common prostate problems.**

The Prostate Cancer Charity can give you support and send you free information about prostate cancer and other prostate problems. Call our free and confidential Helpline to speak to a specialist nurse or visit our website at www.prostate-cancer.org.uk

You can also send a query to the Helpline by using our email contact form. Visit www.prostate-cancer.org.uk and click on 'support' for details of how to contact the Helpline.

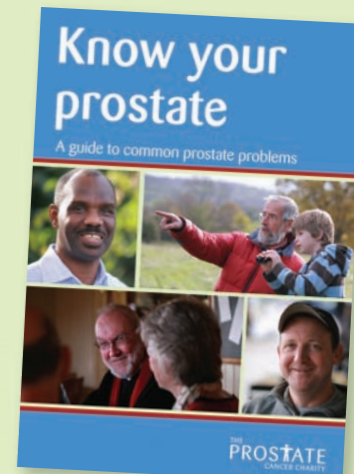


Free and Confidential Helpline
0800 074 8383

Mon – Fri 10am – 4pm, Wed 7pm - 9pm.

Calls are free of charge from UK landlines.

Mobile phone charges may vary.



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