



- Be aware of changes in urinary habits
- Keep to a balanced healthy diet
- Attend regular checks

Remember – when diagnosed early enough prostate cancer is more likely to be curable and easier to treat. Look after yourself, be prostate aware.

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Appointment

Call **0800 085 6696**
between 09.00 and 16.30

Clinics - Locations

Please visit our website www.ProstateHealthUK.com/clinics for an up to date list of clinic locations and directions.

ProstateHealth UK is the leading provider of prostate cancer early detection services and offers the best clinical diagnostic services available which are designed to detect cancers at an early stage allowing greater opportunity for successful treatment. However, as no cancer screening test is 100% effective, this may not always be the case. If your results are abnormal you may be eligible for referral to a NHS clinic via your GP, or to a consultant urologist at one of our private clinics throughout the UK. This may be funded by either self-pay or private medical insurance. ProstateCheck is available to all men over the age of 40. Please visit www.ProstateHealthUK.com for more information and advice.



You can stay up-to-date with the latest Prostate Health news on www.facebook.com/ProstateHealthAdvice

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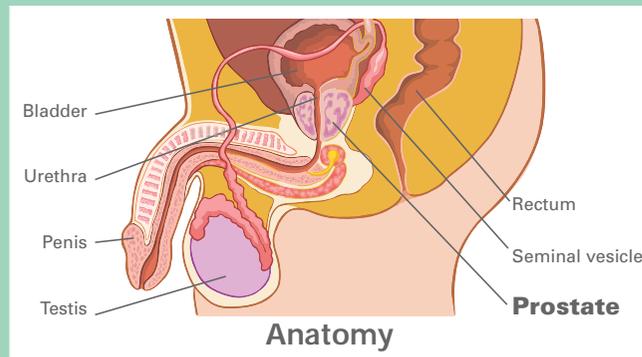
My Prostate Health

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Over 37,000 men are diagnosed with prostate cancer every year in the UK. It is clear that many men do not know about this and with no NHS screening programme currently in place, there is a real need for education and awareness. The prognosis for prostate cancer is generally good when diagnosed at an early stage when it is easier to treat. Often this is before any symptoms develop. Early detection helps increase the chances of identifying prostate cancer sooner thereby improving survival rates.

What is the prostate?

The prostate is a sex gland which lies just below the bladder in men. It provides bathing fluid to help produce healthy sperm. The prostate surrounds the tube (called the urethra) that carries urine from the bladder out through the penis. Because of this, problems with the prostate gland can sometimes affect how you urinate as well as possibly your sexual function.



What do you know about prostate cancer?

When a man has prostate cancer, the cells in the prostate gland do not grow normally, but instead form lumps (also known as tumours).

- Prostate cancer is the second most common cause of cancer deaths in men in the UK
- Each year in the UK about 10,000 men die from the disease
- Prostate cancer is less common in men under the age of 50 years however during the last 30 years the incidence of prostate cancer in men aged 40- 59 has risen 6-fold
- Many men with low risk prostate cancers live out their normal life expectancy without the need for radical treatment

What can cause prostate cancer?

Although the causes are still unknown, a number of risk factors have been identified which may increase your chance of developing the disease. These include family history, lifestyle and diet, ethnicity and urinary symptom scores.

- **Age** - The strongest risk factor for prostate cancer is age. Men under 50 have a low risk of prostate cancer, but their risk increases as they get older
- **Ethnicity** - Some ethnic groups have a higher risk of developing prostate cancer than others, e.g. black African and black Caribbean men are more likely to develop prostate cancer than white men. Asian men have a lower risk of developing it
- **Family history** - Men with close relatives (a father, brother, grandfather or uncle) who have had prostate cancer are at slightly greater risk of developing it themselves. New genetic information is becoming available about this
- **Diet** - It is thought that a diet high in animal fat (including dairy products) and calcium (such as from dairy foods) and low in fresh fruit and vegetables may increase your risk of prostate cancer

What changes should you be looking out for?

Most men with early prostate cancer have no symptoms and it can only be detected by testing for prostate specific antigen (PSA) and other biomarkers. Common symptoms of prostate cancer also occur with benign enlarged prostate.

Common symptoms are:

- Having to rush to the toilet to pass urine
- Difficulty in passing urine
- Passing urine more often than usual, especially at night
- Blood in the urine (this is not common)

Other symptoms that may occur are back pain and weight loss, particularly in elderly men, and difficulty getting an erection (where you haven't had difficulty before). Cancer of the prostate gland often grows slowly, especially in older men. Symptoms may be mild and occur over many years. Sometimes the first symptoms are from prostate cancer cells which have spread to your bones. This may cause pain in your back, hips, pelvis or other bony areas.

If you notice a change ensure you see a doctor immediately.

The earlier a cancer is picked up, the easier it is to treat and the more likely the treatment is to be successful. So it is important that you go to your GP as soon as possible if you notice any worrying symptoms.

If your screening identifies abnormal results or shows you to be at high risk.

You will be referred to a consultant urologist for further investigations which may include:

- A digital rectal examination of the prostate – The rectum (back passage) is close to the prostate gland, so your doctor can feel for any abnormalities in the prostate by inserting a gloved finger into the rectum. This may be uncomfortable but should not be painful
- A trans-rectal ultrasound scan - To scan the prostate gland, a small probe is passed into the back passage and an image of the prostate appears on a screen. This type of scan is used to measure the size and density of the prostate
- A biopsy - in which several samples of tissue (usually around 10 to 12) are taken from the prostate to be looked at under a microscope

Why is there controversy about prostate cancer screening?

Recent research has shown that early detection can save lives of men with prostate cancer so why is screening not offered to men?

The reason is complicated, but the present screening tests (PSA and other tests) are not entirely accurate so some men with low levels of PSA have cancer, and some men with high levels do not.

Also many of the cancers picked up by PSA testing are small and low risk and may not require radical treatment, but men may then be made anxious by knowing they have cancer. On the other hand some cancers are picked up at a time when they are curable only because of the PSA test.

There is therefore a choice for you to make and we aim to provide the right sort of information for you to make an informed choice. Please visit www.ProstateHealthUK.com where you will find helpful information as well as links to many other useful websites.