

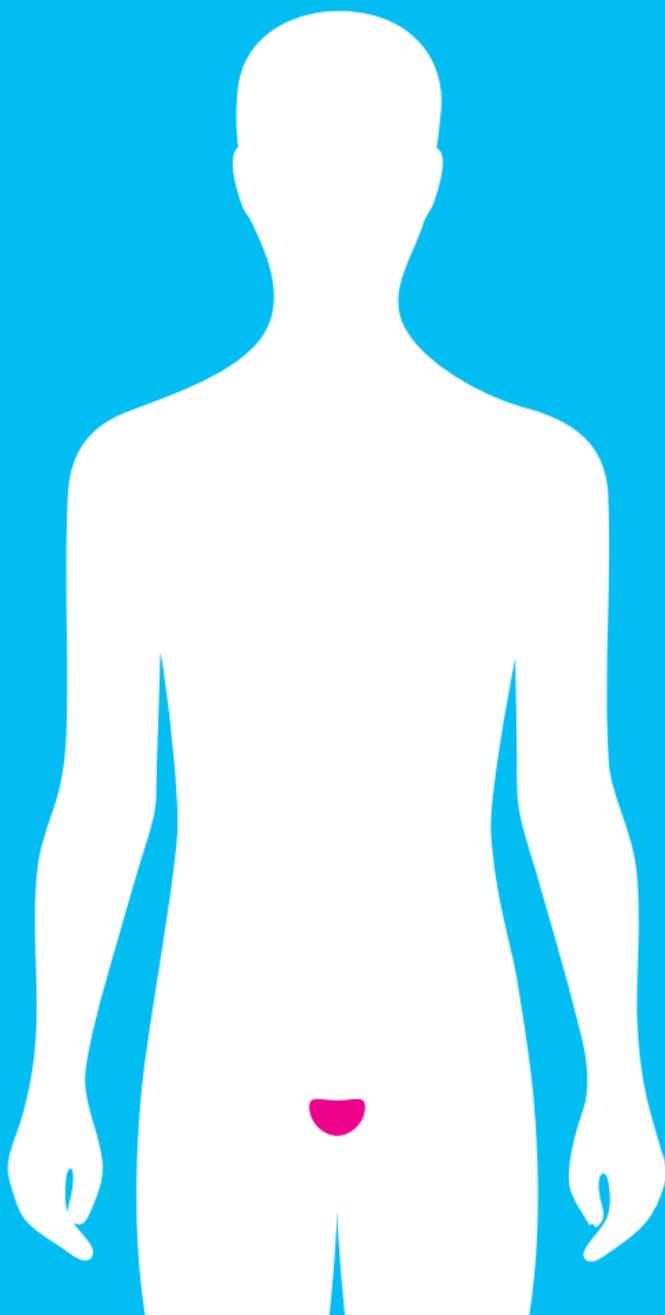
PROSTATE CANCER

How to spot the signs and
symptoms

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CANCER
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UK



Only men can develop prostate cancer. In the UK, prostate cancer is the most common cancer in men, but it is also a type of cancer that most men survive. The risk of developing prostate cancer increases with age.

Some prostate cancers grow very slowly and may not cause problems, but some grow more quickly and need prompt treatment. It is important to tell your doctor if you notice any changes that are unusual for you to have the best chance of detecting it early.

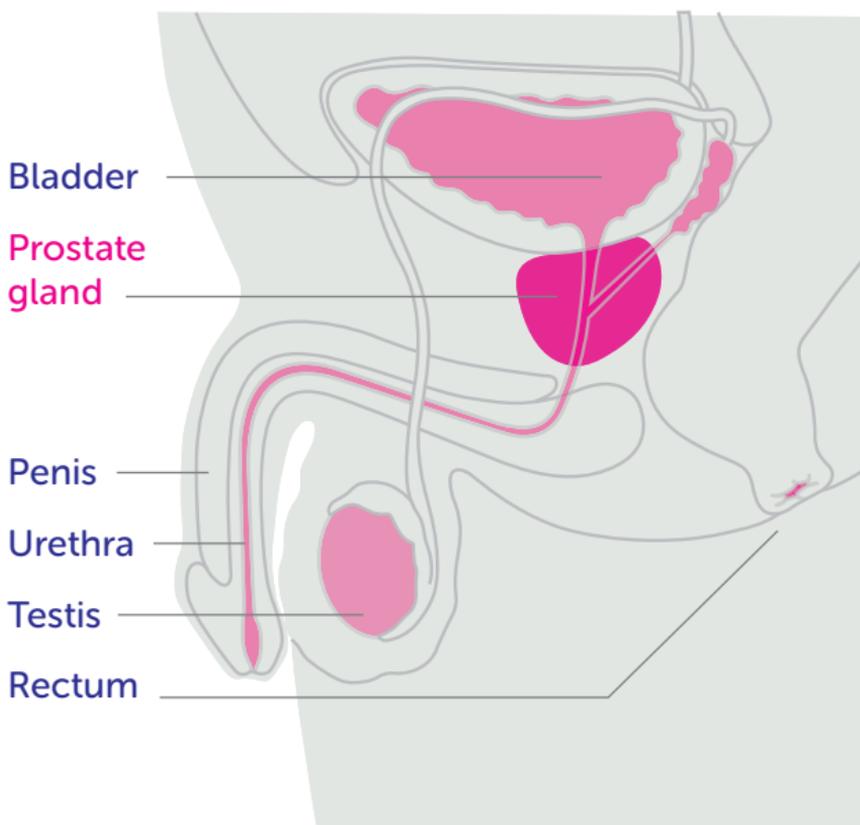
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In this leaflet you can find out about:

- what affects your risk of prostate cancer
- the signs and symptoms to look out for.

What is the prostate?

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra– the tube that carries pee (urine) and semen out through the penis. The prostate gland produces a thick clear fluid that mixes with sperm to form semen.



Slow and fast growing prostate cancers

In some men, prostate cancer grows very slowly and may not cause any problems. It may be monitored rather than treated right away.

In some men, the cancer grows more quickly and eventually some cells may break away and start tumours in other parts of the body.

What affects your risk?

- **Age**

The older you are, the greater the risk. Only 1 in 100 cases of prostate cancer are in men under 50.

- **Ethnicity**

Prostate cancer is more common in black men than white men and least common in Asian men.

- **Prostate cancer family history**

If a close relative (such as father or brother) had prostate cancer, particularly at a young age, the risk is higher.

- **Breast cancer family history**

If your mother had breast cancer, your risk of prostate cancer may be higher.

- **Previous cancer**

The risk may be higher if you have had some types of cancer before.

- **Weight**

The risk of advanced prostate cancer may be higher if you are overweight or obese.



The chance of survival is better when prostate cancer is diagnosed at an early stage

What changes should you look out for?

The most important signs and symptoms of prostate cancer are:

- having to rush to the toilet to pee (pass urine)
- needing to pee more often than usual, especially at night
- difficulty peeing
- a sense of not being able to completely empty the bladder
- difficulty getting an erection or erection problems.

Another warning sign might be having blood in your pee.

These symptoms are more often caused by problems that are much less serious than cancer. But if you develop any of them, or any other changes to your body that are unusual or don't go away, it is best to see your doctor to get them checked out.

As a man gets older, his prostate may get bigger and restrict the flow of pee. This is a very common condition called benign prostatic hyperplasia (BPH). It is not cancer, but causes some of the same symptoms as prostate cancer.

Common questions

Q Can prostate cancer be prevented?

Apart from a possible link between being overweight and advanced prostate cancer, there are no strong links between prostate cancer and lifestyle.

But for some other cancer types, living a healthy lifestyle can make a real difference to your chances of developing the disease.

Q What is the PSA test?

This blood test checks the level of a protein called prostate specific antigen (PSA).

Your doctor may suggest a PSA test if you have the symptoms in this leaflet. But it's not perfect – a high PSA level doesn't necessarily mean you have cancer, and a low level doesn't completely rule it out.

If you want to know more about the PSA test speak to your doctor.

Q Is there screening for prostate cancer?

The PSA test has also been studied as a potential screening test for men who do not have symptoms of prostate cancer, but the benefit is unclear and it has risks. It can pick up slow-growing cancers that wouldn't have done any harm - so some men will have unnecessary treatment.

This is why there is no national prostate screening programme with PSA testing.



If you notice anything unusual for you, get it checked out by a doctor – I am so glad I did

Brian Champion
Prostate cancer survivor

Brian noticed that when he needed to pass water (pee) he experienced increasing urgency and needed to find a toilet right away.

“I talked to my wife about my symptoms and she convinced me to visit the doctor. She was very insistent and probably saved my life. Fortunately my diagnosis was an early one. The cancer had not spread and was successfully treated with a combination of radiotherapy and hormone therapy.

I’d recommend anyone who has symptoms to get them checked out right away. I’m so glad I did.”

Further information

You can find out more about cancer at www.cruk.org/about-cancer

Find out more about our health messages at www.cruk.org/health

For more about the signs and symptoms of cancer visit www.spotcancerearly.com

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**, Monday to Friday, 9am to 5pm.

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at www.cruk.org/leaflets

About Cancer Research UK

We pioneer life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we're all here to save more lives and prevent, control and cure all cancers.

Together we will beat cancer sooner. If you would like to support our work, call **0300 123 1861** or visit our website www.cruk.org

Ref: ED087B July 2015
Due for review by: July 2017
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