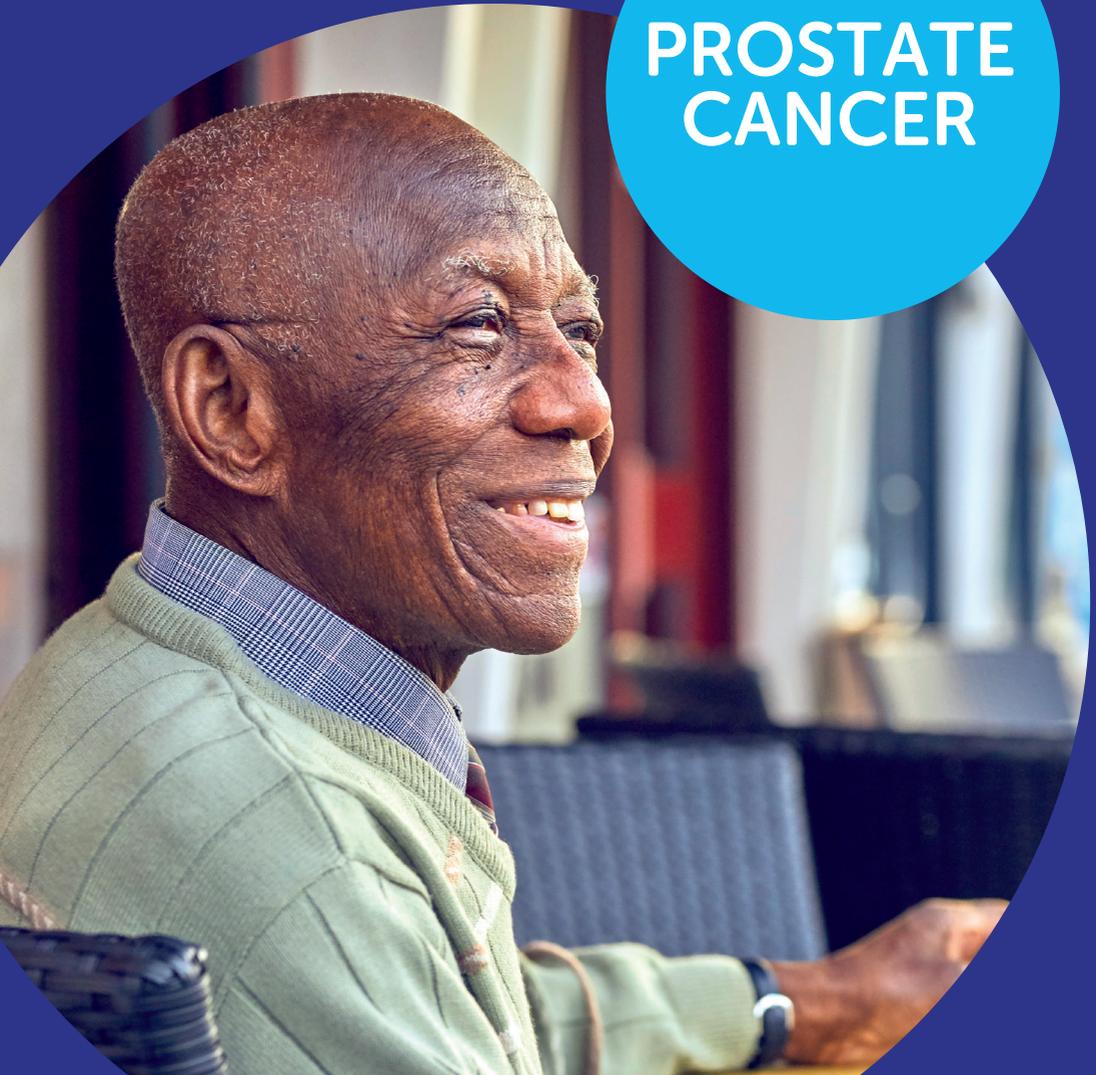




CANCER  
RESEARCH  
UK

# KNOW YOUR BODY SPOT CANCER EARLY

PROSTATE  
CANCER



# TAKE CHARGE

Whether you've heard about it from a friend or family member, seen it in the news, or are just curious: if you want to know more about spotting the signs of prostate cancer, this leaflet is for you.

You'll find out what to look out for, tips for telling your doctor if something's not quite right, and some facts about the PSA test.

**If you've spotted something unusual, remember: you're in charge of your health. In most cases it won't be cancer – but it's always best to get it checked by your doctor.**



# KNOW YOUR BODY

Getting to know what's normal for you and your body means you're more likely to notice if something changes.

Early prostate cancer often has no symptoms. Lots of the symptoms below can be down to other conditions, but it's still worth seeing your doctor if you notice any of these:

- Blood in your pee, even if it only happens once
- Difficulty getting or keeping an erection
- Peeing more often
- Needing to pee urgently
- Getting up to pee multiple times during night
- Difficulty peeing

Even if it's not on the list above, if you notice anything that's not normal for you, get it checked out. The chances are it's not cancer, but your doctor will still want to know.

## WHAT AFFECTS YOUR RISK?

- **Age:** As with most cancers, the risk of prostate cancer increases with age, and most cases are in people over 50.
- **Ethnicity and family history:** Black men, men with a family history of prostate cancer, and men that carry certain faulty genes may be at a higher risk of developing prostate cancer than others.



# TALK TO YOUR DOCTOR

When you're worried about your health, telling a doctor can feel tough. Here are our tips for getting the most out of your appointment:



**Be open.** Tell your doctor anything that's not normal for you, even if it doesn't seem that important.



**Be prepared.** Have a think about how to describe the changes, and roughly how long you've had them for.



**Be thorough.** Whether it's something new or a change to something you've had for a while, never put it down to getting older, or another health condition you might have – mention it to your doctor.



**Ask questions.** Your doctor will be able to explain what tests or treatments they think you might need as well as what the risks are. Understanding what options are available is the first step in helping you and your doctor make better decisions together.

# RESEARCH IS BEATING CANCER

What if it is prostate cancer? Thanks to research there are a range of options available - from monitoring men more closely, to surgery and other therapies. Treatments are kinder and more effective than ever.

## WE'RE ONLINE...



Learn more about spotting cancer early, including information about screening across the UK, at [cruk.org/spotcancerearly](http://cruk.org/spotcancerearly)

## ...AND ON THE PHONE



Our Nurse Helpline is there if you're looking for any information or support. Just call **0808 800 4040**.

To provide feedback on this leaflet or find out more about the sources used to create it, call **020 3469 8333** or email [publications@cancer.org.uk](mailto:publications@cancer.org.uk)

And if you have any questions about Cancer Research UK or would like to support us call **0300 123 1022**.



LET'S BEAT CANCER **SOONER**



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