

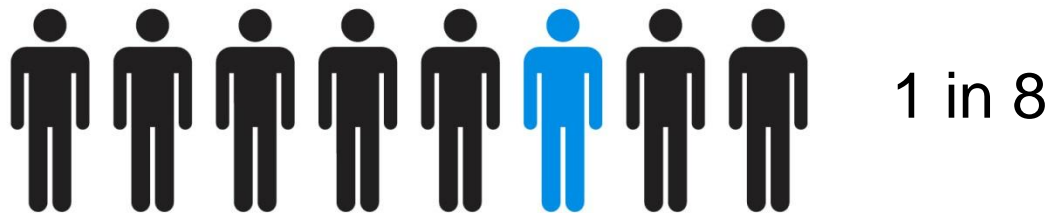
What you will learn today

- 1. Know your prostate**
What is it, where is it, what can go wrong
- 2. Signs and symptoms**
What to look out for
- 3. Know your risk**
Age, family history, ethnicity, body weight
- 4. Know your rights**
If you're 50+ you have rights
- 5. Take action**
What to do next



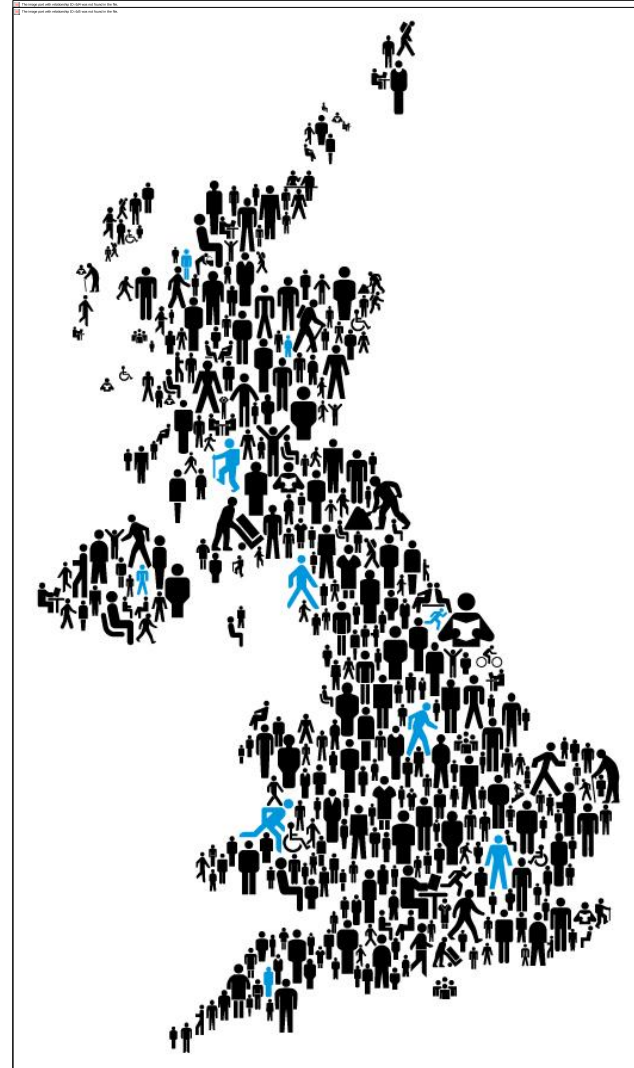
**PROSTATE
CANCER UK**

How many men in the UK will get prostate cancer, at some point in their lives?



Around how many men are diagnosed with prostate cancer in the UK each year?

- a) 12,000
- b) 26,000
- c) 47,000

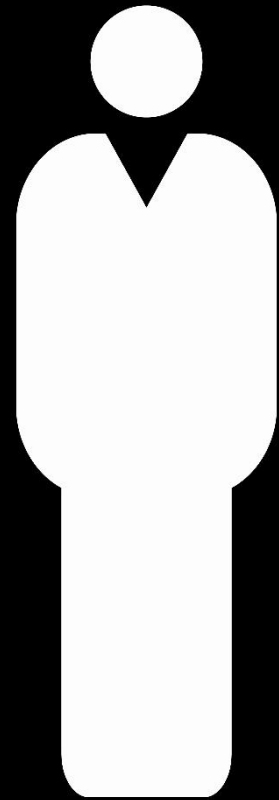


**400,000 men are
living with and
after prostate
cancer in the UK.**



**PROSTATE
CANCER UK**

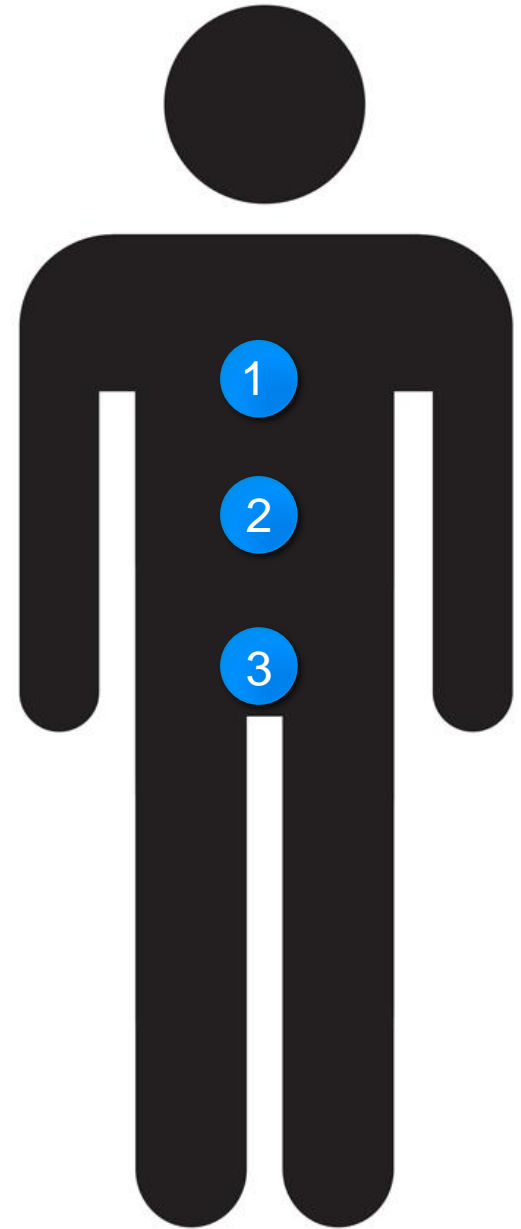
What do you
know about
your prostate?



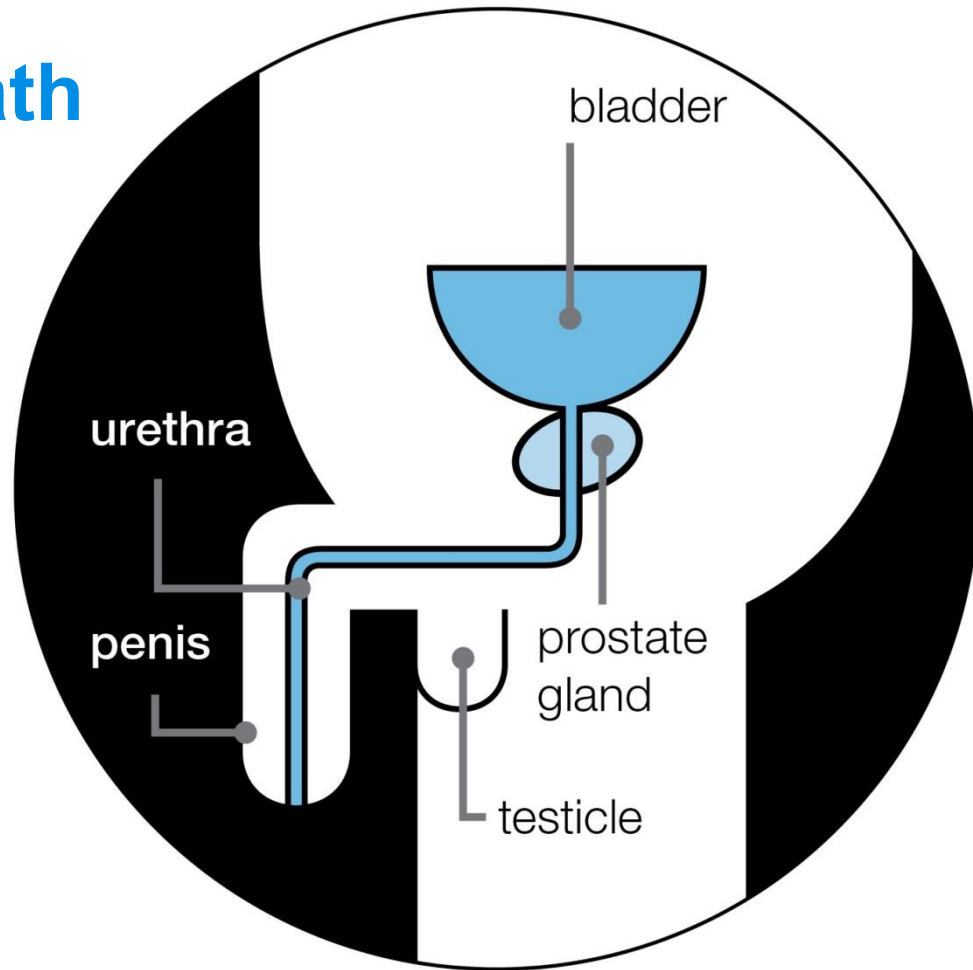
So, where is the prostate?

1. Chest
2. Mid torso
3. Underneath the bladder

Two out of three adults don't know where the prostate is.



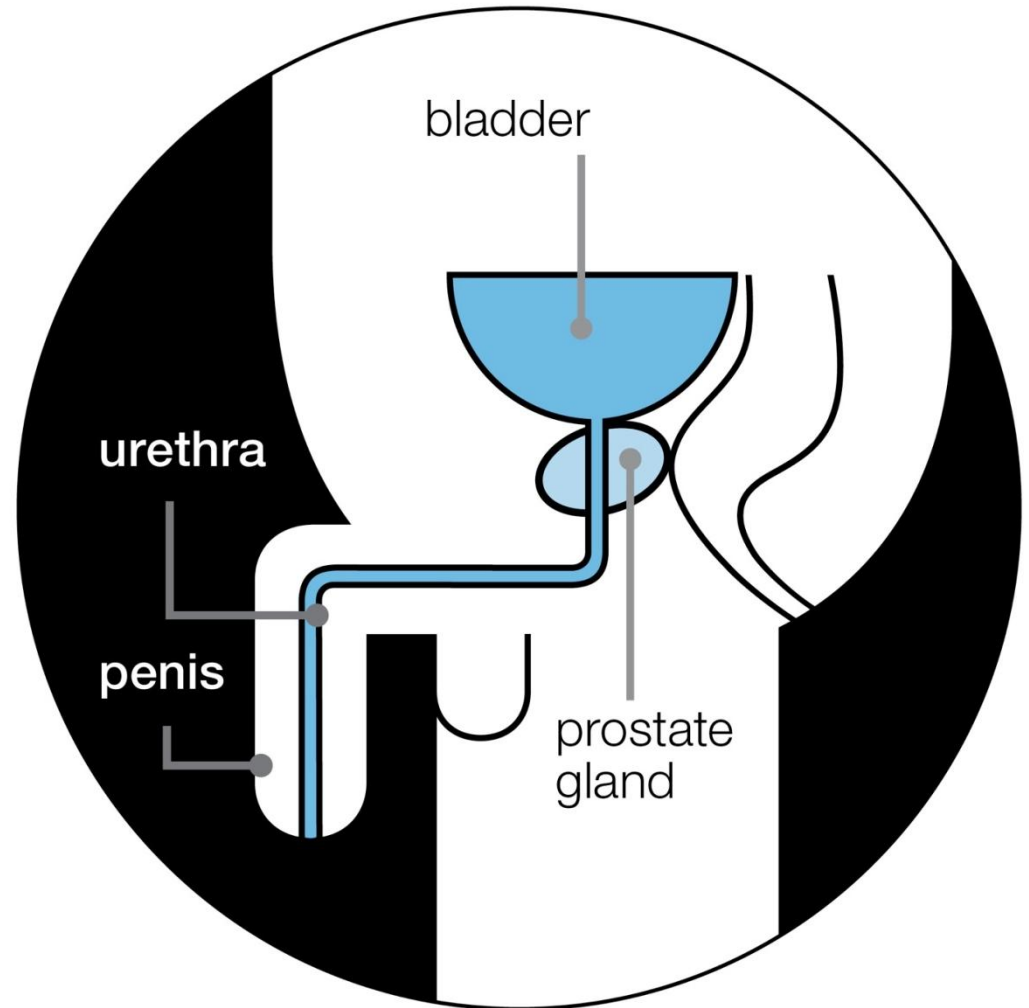
**It's underneath
the bladder.**



**PROSTATE
CANCER UK**

What is a prostate?

- Only men have a prostate
- It's a gland
- Its main job is to help make semen.



Which of these objects is closest in size to a prostate?

a) Orange

b) Walnut

c) Grape



Which of these objects is closest in size to your prostate?

a) Orange

b) Walnut

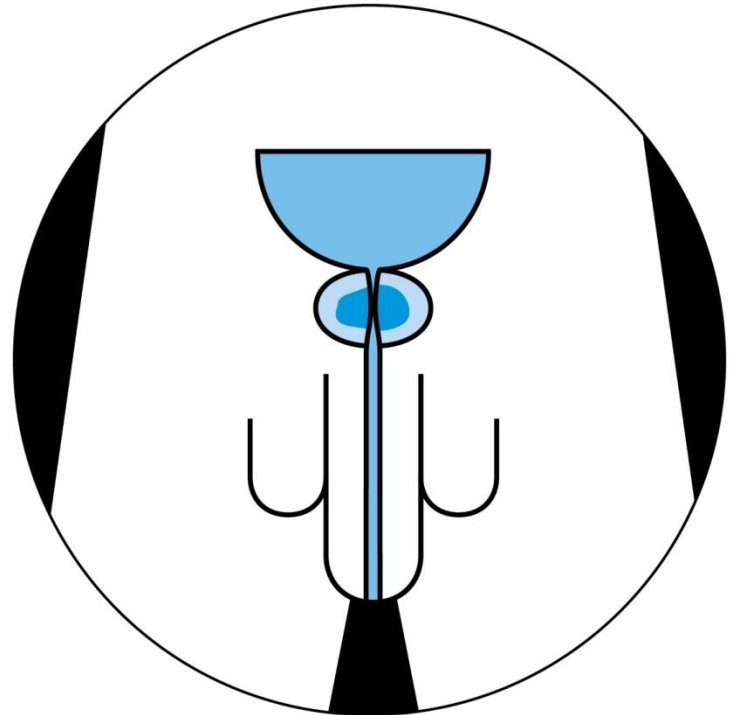
c) Grape



What can go wrong?

1. An enlarged prostate

- The most common prostate problem
- It's common in men above 50
- It does not mean you have cancer and does not increase your risk.



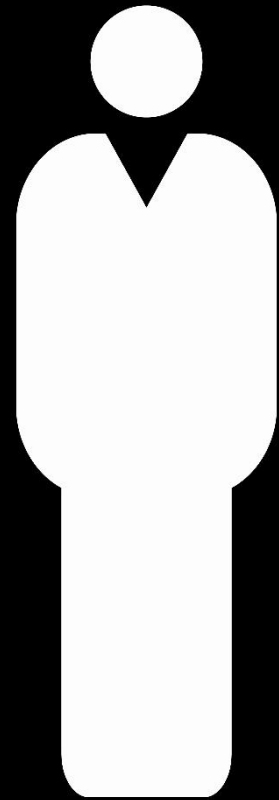
What can go wrong?

3. Prostate cancer

- Cancer can develop when cells start to grow in an uncontrolled way
- If this happens in the prostate gland, prostate cancer can develop.

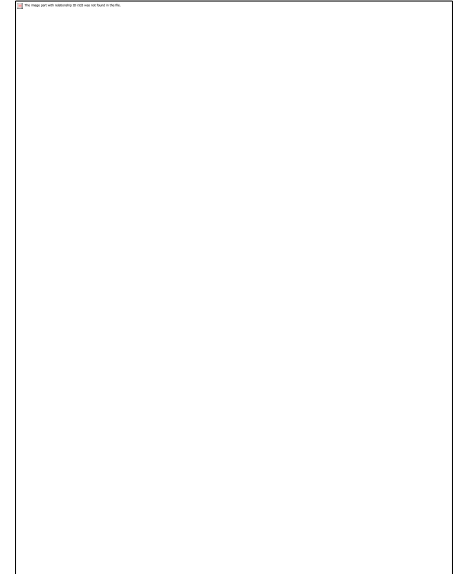


**There are changes
to look out for,
that might mean a
prostate problem.**



Common symptoms of a prostate problem

- Needing to pee more often than usual, day or night
- Difficulty going for a pee
- A weak flow
- Needing to rush to pee
- Feeling that you haven't emptied your bladder properly
- Dribbling urine

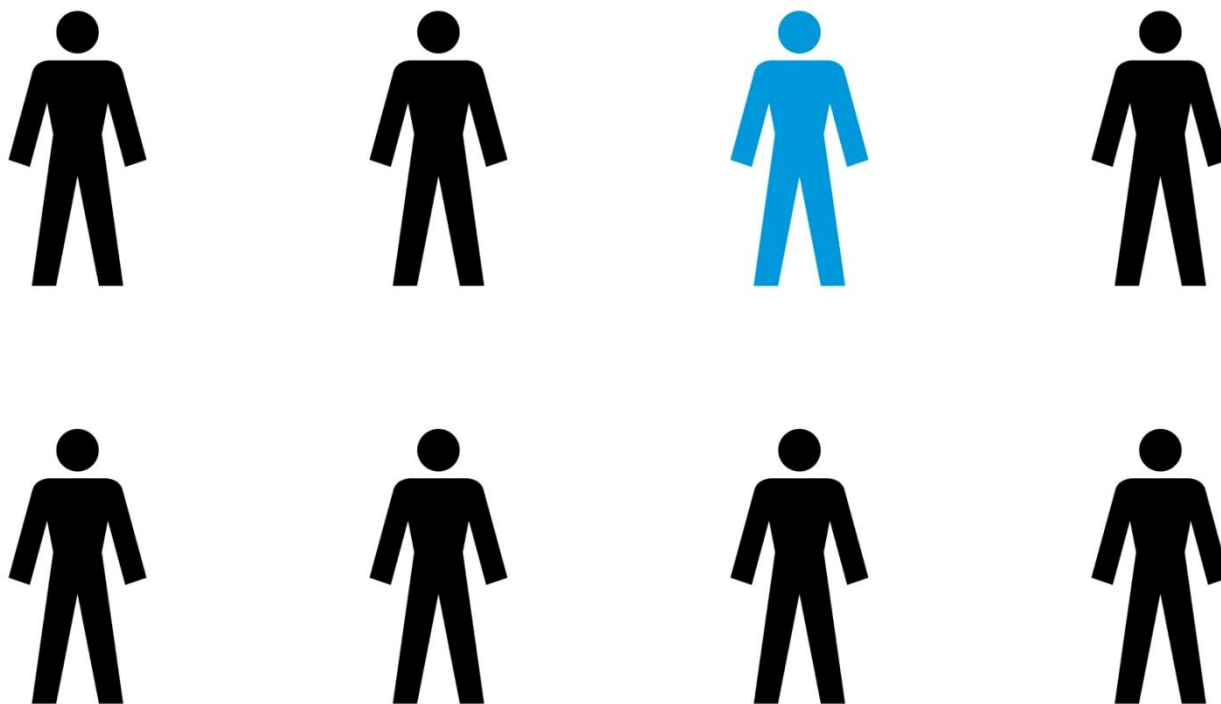


Symptoms can be similar for prostate cancer and non-cancerous prostate problems.

**But most men with
early stage prostate
cancer have no
symptoms at all.**

**So, are you
at risk?**

In the UK, 1 in 8 men will get prostate cancer at some point in their lives.



**For black men, the risk is double.
1 in 4 black men will get prostate cancer.**



**Prostate cancer mainly affects men
over the age of 50 and your
risk increases as you get older.**

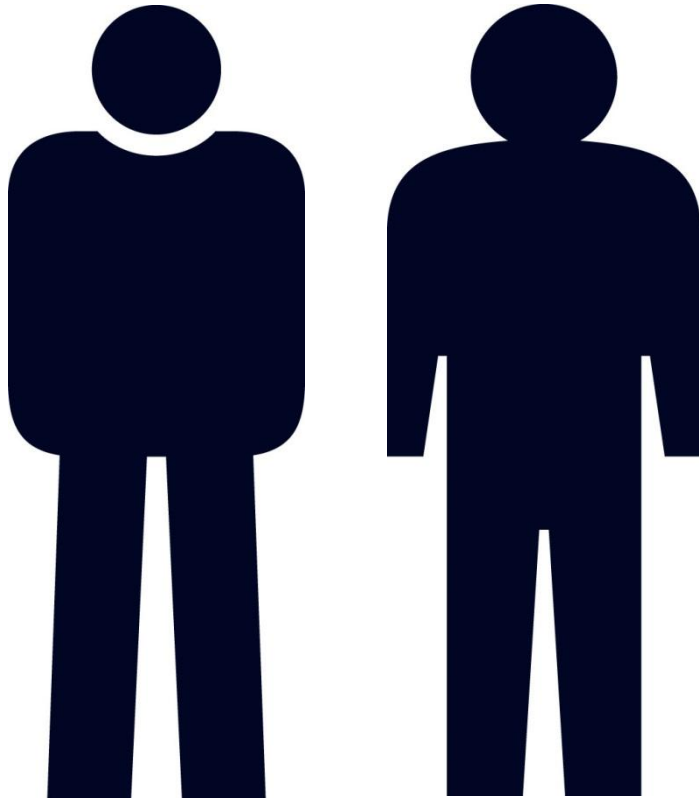


Family risk

You are **2.5 times** more likely to get prostate cancer if your **father** or **brother** has had it. This is compared to a man who has no relations with prostate cancer.

You may also have a higher risk if your **mother** or **sister** has had breast cancer, particularly if they were diagnosed under the age of 60.

Body weight

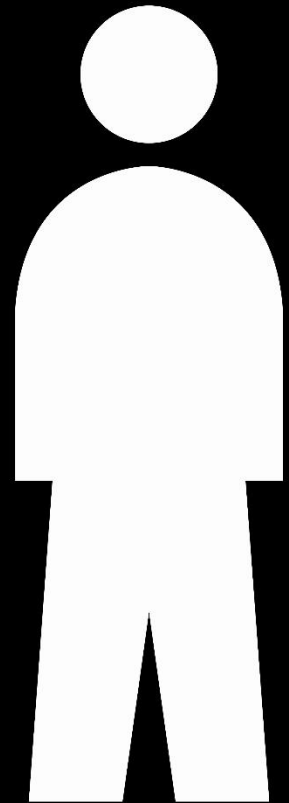


No one knows how to prevent prostate cancer, but staying a healthy weight may be important.

Research shows that being overweight or obese increases your risk of getting cancer that's more likely to spread.

**I think I'm at risk or
might have a
problem, what
should I do next?**

Take action



- Speak to your GP to discuss your risk
- Your GP can do a few tests to find out if you have a prostate problem. Your doctor should explain the pros and cons of the tests.

There is no single test to diagnose prostate cancer.



The main tests include...

1. A urine test

- This is to rule out a urine infection

2. The PSA test

- This is a blood test that measures the total amount of prostate specific antigen (PSA) in your blood
- A raised PSA level may show that you have a problem with your prostate, but not necessarily prostate cancer.

The main tests include...

3. Digital rectal examination

- This gives the doctor an idea of the size and feel of the prostate
- A prostate gland with hard bumpy areas may suggest prostate cancer.

Your right to a PSA test

- You have the right to have a PSA test if you're over 50 and you've talked about the pros and cons with your doctor.

You shouldn't be refused a test if you make this choice after talking with your doctor.

So now you...

1. Know your prostate

What is it, where is it, what can go wrong

2. Know signs and symptoms

What to look out for

3. Know your risk

Age, family history, ethnicity, body weight

4. Know your rights

If you're 50+ you have rights

5. Know how to take action

What to do next



Take action

- Visit prostatecanceruk.org and order or download free information about prostate problems
- Speak to one of our Specialist Nurses on [0800 074 8383](tel:08000748383)

They have specialist knowledge, time and are here to support you

- Speak to your GP about your risk.

Do you want to get involved?

- Volunteer your time
- Take part in a sporting event
- Organise your own event

- Visit prostatecanceruk.org

- Visit prostatecanceruk.org/get-involved/black-men-and-prostate-cancer



“You may not have symptoms like me so you need to know your risk.

“I know it is not easy talking about health problems that may affect your sex life or how often you go to the loo - but it’s worth doing.

“Nothing is too embarrassing if it saves your life.”

Ray Clemence



"In four years' time I'll be considered 'at risk' of being diagnosed myself.

"Men over 50, black men and men with a family history of prostate cancer all face an increased risk.

"If the disease is caught early, it can often be successfully treated."

Sean Dyche

"I lost my brother, Ralph, to prostate cancer – he was only 68. My dad also got prostate cancer in the later stages of his life.

“I never knew about the statistic that 1 in 4 black men will get prostate cancer. It’s staggering.”

Michael Holding



“My dad was old school. For ages he tried to ignore his prostate cancer. He was in denial and it’s something that could have been stopped had he dealt with it earlier.

“We all need to take responsibility, stand up and say: ‘Well actually this is the score – let’s deal with it’.”

Johnny Nelson



“In 2010, I had a prostatectomy. A few days later the surgeon sat me down and said: ‘Happily, the surgery was a complete success. But if you had delayed this surgery by a few weeks or months, I would be telling you how many months you have to live’.”

Philip Rambow

“When I was diagnosed I had no symptoms. I found out purely by chance, having visited my GP for something else.

“I feel lucky this was picked up before it spread and I’m remaining positive.”

Martin ‘Wolfie’ Adams