



RMAWELLNESS



PROSTATE
CANCER
AWARENESS



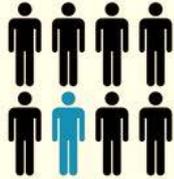
Prepared to encourage health & wellbeing
by Peter Brown MBE MSc. (Certified Health & Wellness Coach)

Are you at risk?

Are you at risk of prostate cancer?

Most men with early prostate cancer don't have any symptoms. That's why it's important to know about your risk.

In the UK, about
1 in 8 men
will get prostate
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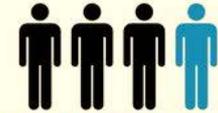


Over 50 years old

Prostate cancer mainly affects men over 50 and **your risk increases with age**. The most common age for men to be diagnosed with prostate cancer is between 65 and 69 years.

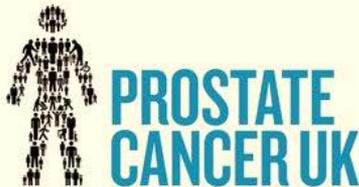
Ethnicity

Black men are more likely to get prostate cancer than other men, and at a younger age.



In the UK, about 1 in 4 black men will get prostate cancer in their lifetime. If you are a black man, your risk may increase once you're over 45.

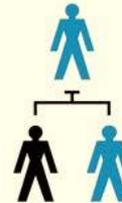
**Speak to our
Specialist Nurses
0800 074 8383**



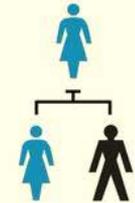
Prostate cancer is the most common cancer in men in the UK

Family history and genes

You are two and a half times more likely to get prostate cancer if your **father** or **brother** has been diagnosed with it, compared to a man who has no relatives with prostate cancer.

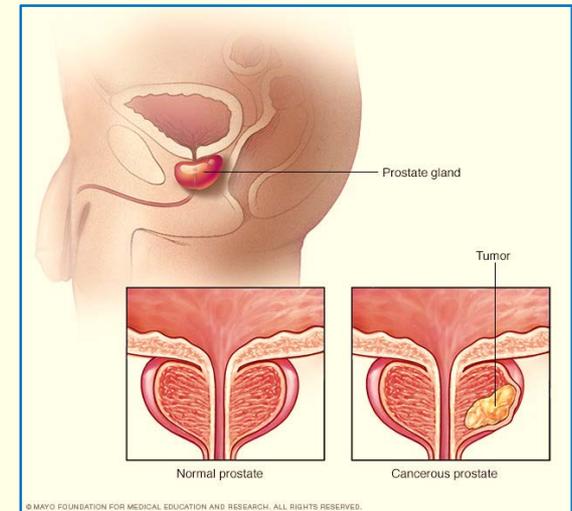


Your risk of getting prostate cancer may also be higher if your **mother** or **sister** has had breast cancer.



About prostate cancer:

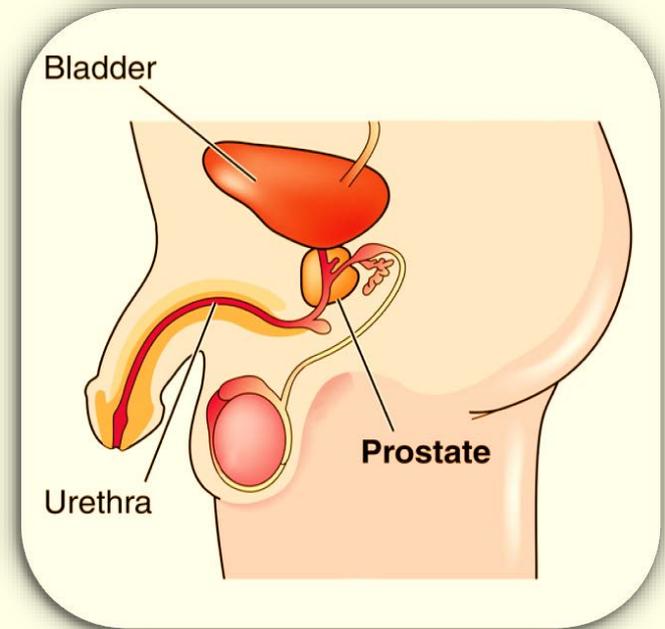
- In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.
- It affects mainly men over 50 & the risk increases as you get older.
- If you are under 50, your risk of getting prostate cancer is low, but still possible.
- Prostate cancer occurs when there is a growth of abnormal cells in the prostate gland.
- In some cases prostate cancer can grow & spread quickly but in most cases it grows slowly, as shown in the slide (right).



A cross-section of a healthy prostate, and a prostate with a cancerous tumor.

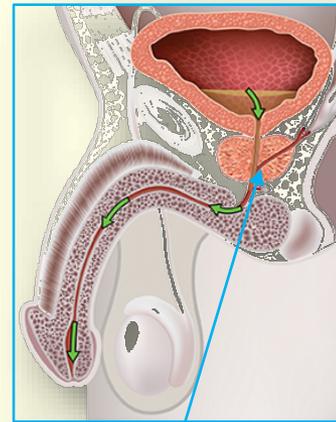
The prostate gland:

- The prostate gland is only found in men & is part of the reproductive system.
- It is a walnut sized gland located at the base of the male bladder.
- It surrounds the urethra
- It produces a fluid that transports sperm during ejaculation.

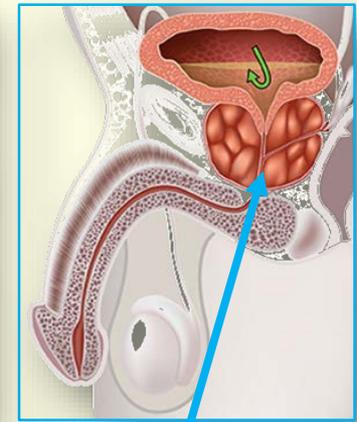


The prostate gland gets larger with age:

- The urethra is the tube that carries the urine out from the bladder to be expelled.
- As men get older their prostate gland enlarges & pressure can be put on the urethra, which can cause urinary problems.
- This is called BPH.



A normal Prostate



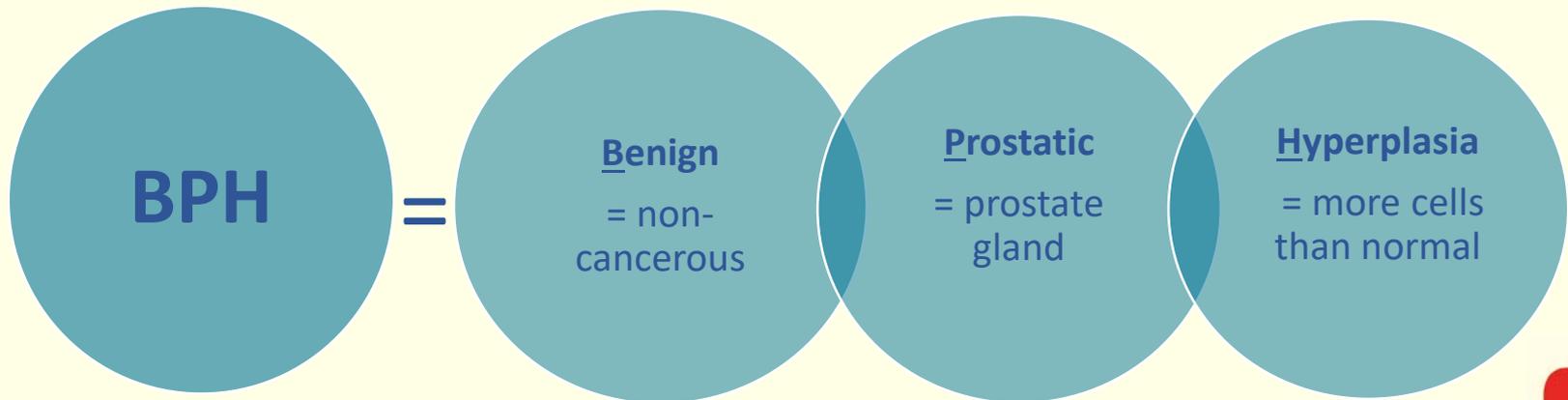
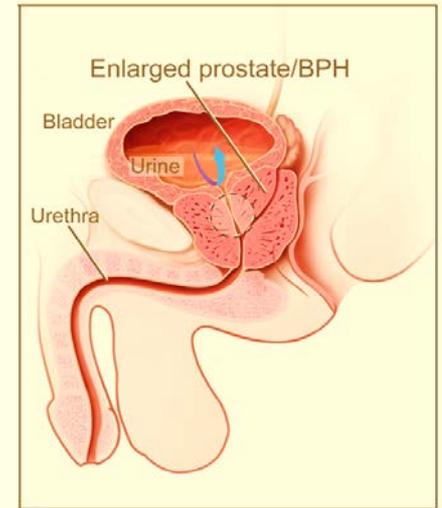
An enlarged prostate

BPH doesn't usually develop into cancer, but an enlarged prostate may sometimes contain areas of cancer cells.



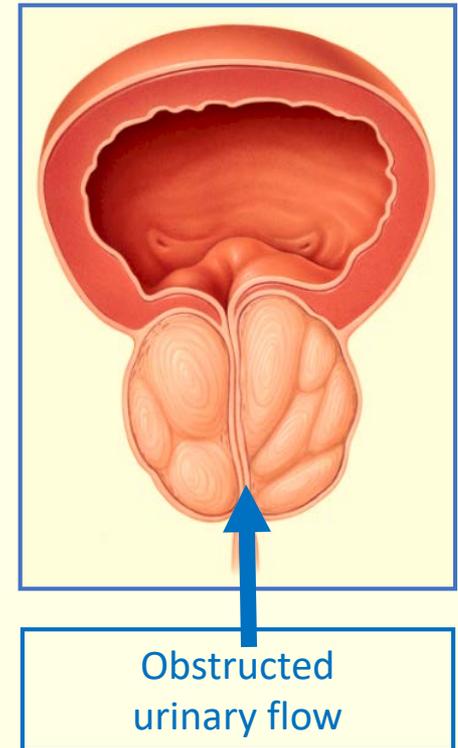
What is BPH?

- This isn't normally cancer, but a condition called **Benign Prostatic Hyperplasia (BPH)**.
- **BPH** means that the prostate gland has grown larger than normal.
- This is common amongst men over 40 years of age.
- BPH and prostate cancer have *very similar symptoms* caused by the prostate gland pressing on the urethra & restricting the flow of urine.



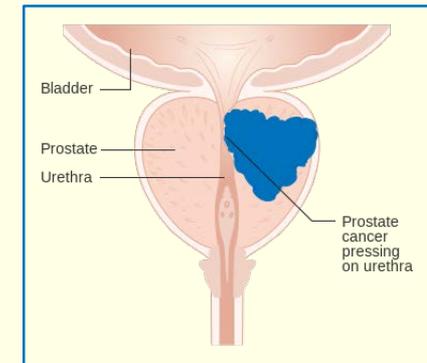
What are the Symptoms of BPH?

- A sudden urge to urinate
- A weak urine flow
- Frequent urination during the day and/or night
- Burning, or painful urination
- Sensation the bladder is not empty after urination
- Trouble starting & stopping of urine flow
- An inability to urinate



The causes of prostate cancer:

- One of the biggest risk factors for prostate cancer is age. This disease rarely affects young men under 40.
- The exact cause of prostate cancer is not known but is probably linked to genetics & other risk factors such as age, race, and family history.
- Having a father, or brother, with prostate cancer more than doubles a man's risk of developing this disease.
- Being overweight may increase your risk of being diagnosed with prostate cancer that's aggressive (more likely to spread) or advanced (cancer that has spread outside the prostate).



Eating healthily and keeping active may reduce the risk of developing all cancers.



Prostate cancer testing:

If you're a man aged 50 or over and decide to have your PSA levels tested, your GP can arrange for it to be carried out free on the NHS.

The main tests include:

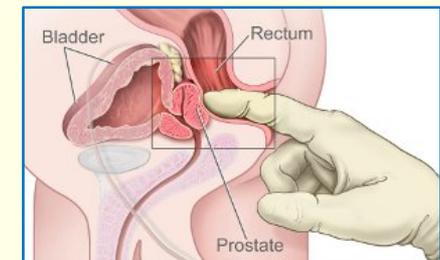
- A urine test to rule out a urine infection
- A digital rectal examination (DRE)
- A Prostate Specific Antigen (PSA) test

Your GP will explain what they involve and help you understand more about prostate cancer and your own risk of getting it. It's up to you whether you have the tests.

Neither the DRE nor the PSA test is 100% accurate, but your GP will talk through the results with you. If they think you may have a prostate problem, they'll make an appointment for you to see a specialist at a hospital.



Urine test



Rectal examination

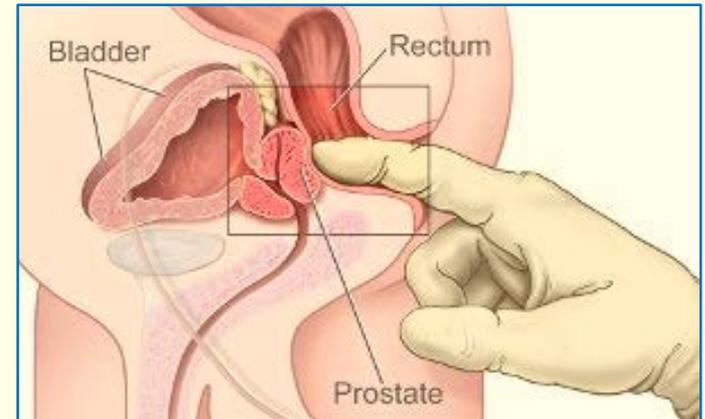


PSA test



The Digital Rectal Examination:

- Your GP may examine your stomach area and your prostate through the wall of the back passage (rectum). This is called a **Digital Rectal Examination (DRE)**. It's usually very quick and with no pain.
- The doctor or nurse will ask you to lie on your side on an examination table, with your knees brought up towards your chest.
- They will slide a finger gently into your back passage. They'll wear gloves and put some gel on their finger to make it more comfortable.
- The digital rectal exam has a 50% positive predictive value & is an important part of screening for prostate cancer.



Your prostate gland may feel:

- **normal** – a normal size for your age with a smooth surface
- **larger than expected for your age** – this could be an enlarged prostate
- **hard or lumpy** – this could be a sign of prostate cancer.



The PSA test:

- Prostate-Specific-Antigen (PSA) is a protein made by the prostate gland, which is secreted into the semen & small amounts of PSA find their way into the blood. PSA levels normally rise with increasing age.
- A PSA test is normally done at a GP surgery & measures the level of PSA in your blood in *nanograms of PSA per millilitre of blood (ng/ml)*.
- A raised PSA level in your blood could be a sign of prostate cancer, but it can also be a sign of another condition that's not cancer, such as an enlarged prostate gland, prostatitis (inflammation of the prostate gland) or a urinary infection.
- *About 3 in 4 men with a raised PSA level will not have cancer.*
- If the results show that you have a raised level of PSA, your GP may suggest a second PSA test, so always discuss your test results with your doctor.



AGE-RELATED NORMAL PSA READINGS:

Age:	Reading:
50-59	Up to 3 ng/ml
60-69	Up to 4 ng/ml
70-79	Up to 5 ng/ml

Source:

<https://www.prostate-cancer-research.org.uk/>



About testing for prostate cancer:

- Prostate cancers grow slowly and may not be life-threatening. Testing can lead to possible diagnosis and treatment of cancers that may never have caused harm.
- However, if you are over 50 and are concerned about the risk of prostate cancer, you should approach your GP for a PSA test, which can be conducted annually.
- If you need more information on testing for prostate cancer you can visit: <https://prostatecanceruk.org>.

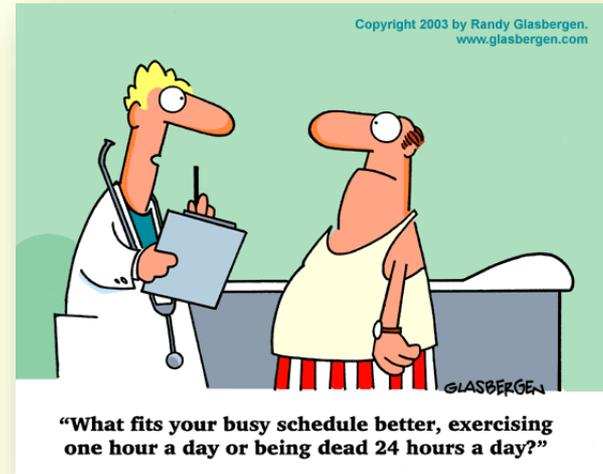


If you are over 50 & have any concerns you should always make an appointment with your GP & don't leave it until it is too late!



Exercise & Prostate Cancer:

- A recent study published in the *International Journal of Epidemiology* suggests that men who exercise for at least 20 mins per day may reduce their risk of prostate cancer by as much as 50%.
- The study team, funded by the World Cancer Research Fund (WCRF) and Cancer Research UK, used a robust method of measuring physical activity among 79,148 men with prostate cancer and 61,106 without.
- The study (which mainly involved men over the age of 50) found those that were the most active had a 51 per cent reduced risk of prostate cancer compared with those who were the least active.



Some sources of further information:



<https://www.prostate-cancer-research.org.uk/>



<https://prostatecanceruk.org/about-us/contact-us>



<https://www.cancerresearchuk.org/about-cancer/prostate-cancer/about>





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