

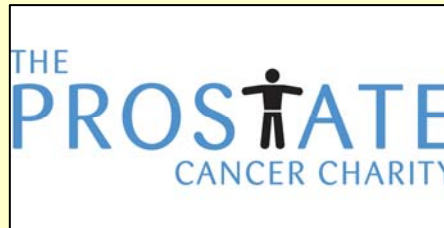
Time to think about...

Prostate Cancer

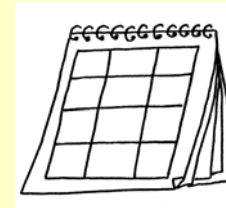


What is Prostate Cancer Awareness Month?

It is an annual health awareness campaign organised by The Prostate Cancer Charity.



This year it runs throughout March.



It aims to raise the understanding of prostate cancer among everyone.



Last year, hundreds people across the UK helped to raise money to improve information and support services for men and their families who are affected by this disease.



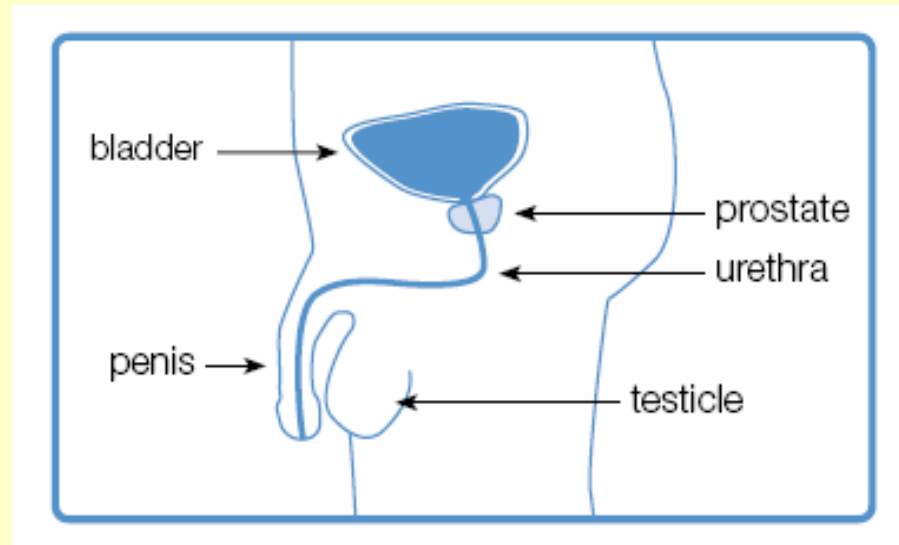
What is Prostate Cancer?

Prostate cancer is the most common cancer in men.

It can develop when cells in the prostate gland start to grow in an uncontrolled way.

What is the Prostate Gland?

- Only men have a prostate gland.
- The prostate gland is out of sight and out of mind.
- 70% of adults in the UK do not know what the prostate does.
- It is the size of a walnut and its main function is to make some of the semen fluid.



What are the Risks?

The risk factors associated with it are:

Age: most cases are diagnosed in men over 60.

Ethnicity: African Caribbean men are 3 times more likely to develop prostate cancer than white men.

Family: you are more likely to develop prostate cancer if your father or brother has had it.

Diet: if you have a diet high in fat, dairy products and red meat, this may increase your risk of developing prostate cancer (and other health conditions).



Signs & Symptoms

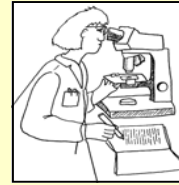
Prostate cancer may cause similar symptoms to other problems.
Some men with prostate cancer may have no symptoms at all.

The following may be signs of prostate cancer:

- Finding it difficult to start to wee.
- Stopping and starting when having a wee.
- Needing to wee more often, especially at night.
- Dribbling wee.
- Needing to rush to the toilet, so that you may wet your pants sometimes.
- Pain in your lower back.

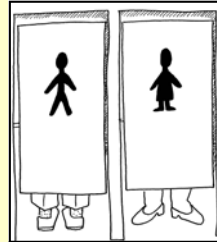


Tests for Prostate Cancer



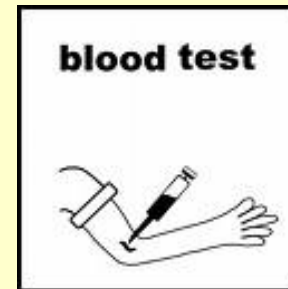
Urine Test

Checks for infection.



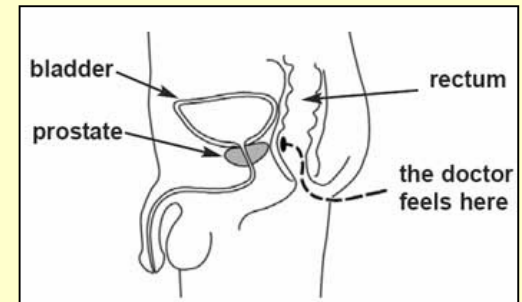
Blood test

Measures a protein produced by the prostate gland.



Rectal Examination

A check for signs of abnormality such as lumps or hardness.



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Biopsy—Taking prostate tissue to be looked at more closely for cancer cells.



Diet & Prostate Cancer

Your age, ethnicity, family history and diet can all increase the risk of prostate cancer.



Most of these risks cannot be changed.

But ONE thing you can control is your diet.

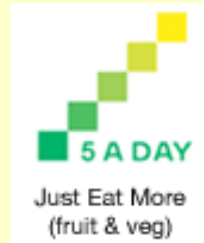
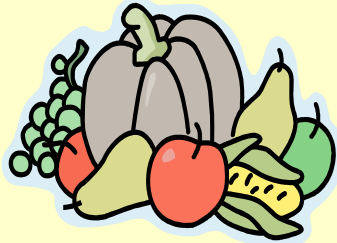


By eating a healthy diet, you can do something to improve it.



Fruit and vegetables

Eating five portions of fruit and vegetables a day, may reduce your risk of heart disease and other medical problems, including cancer.













A rainbow of colours

Different fruits and vegetables contain different vitamins and minerals.

Eating a wide range of coloured fruit and vegetables is a good way to increase intake of these nutrients.



A Colourful Diet

Red	Tomatoes, raspberries, strawberries, red peppers...		
Purple	Grapes, red cabbage, plums, blueberries...		
Yellow	Pineapples, sweetcorn, bananas, yellow peppers...		
Orange	Carrots, oranges, sweet potatoes, mangoes...		
Green	Spinach, broccoli, peas, pears, courgettes...		

Where to go for help & advice?



It is recommended that if you have concerns, want to talk to someone or want more information that you;

- Visit your GP.
- Call The Prostate Cancer Charity's Free and Confidential Helpline.



0800 074 8383

- Visit www.prostate-cancer.org.uk for answers to some of the most common questions.



The Prostate Cancer Charity provides the only UK-wide prostate cancer helpline staffed by prostate cancer specialist nurses. They offer free and confidential information and support to anyone affected by prostate cancer.



The information for this display has been adapted with permission from information provided by The Prostate Cancer Charity.

With acknowledgment to;
The Prostate Cancer Charity
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