

For information & support...



If you have concerns, want to talk to someone or want more information;

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



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South Staffordshire and Shropshire Healthcare
NHS Foundation Trust



Prostate Cancer

Why you need to know...



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

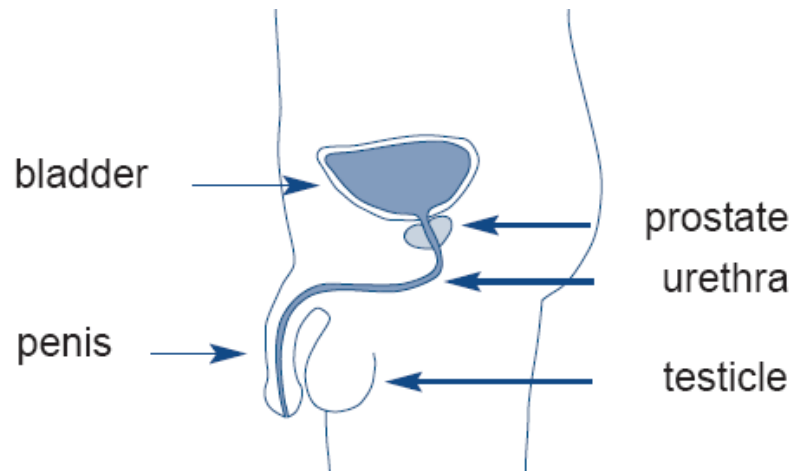


35,000 men are diagnosed with prostate cancer every year in the UK.



One man dies every hour of prostate cancer in the UK.

Where is the Prostate?



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- It's located beneath the bladder.
- It's about the size of a walnut in an adult.
- It surrounds the urethra - the tube that carries urine out from the bladder.

What can you do about it?

You can't do much about age, ethnic origin or family history, but you can look at your diet.



Maintain a healthy weight .



Avoid fatty foods .



Eat less red meat.



Stop smoking.



Eat more fruit and vegetables.

What are the Risks?



Age

Most cases of prostate cancer are diagnosed in men over 60.



Ethnic origin

African Caribbean men are more likely to develop prostate cancer than white men.



Family history

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

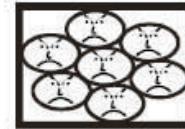


Diet

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).

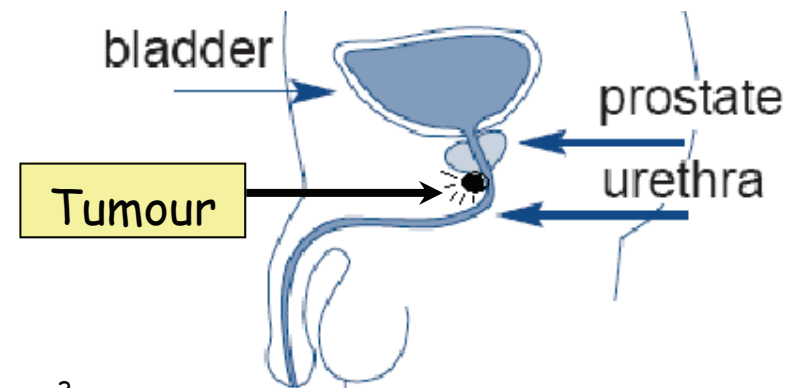
Prostate Cancer

Cells in the prostate start to divide and grow out of the normal pattern.



The cells that are growing are similar to cells in the prostate, but they do not grow into normal prostate tissue.

They grow into lumpy bundles of cells called tumours. These tumours stop your body working normally.



Signs & Symptoms

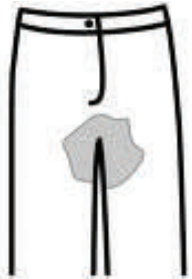
The following may be signs of prostate cancer:



Finding it difficult to start to wee.

Needing to wee more often, especially at night.

Stopping and starting when having a wee.



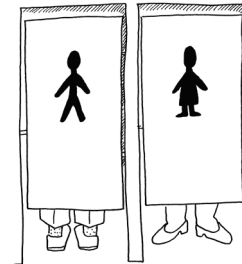
Needing to rush to the toilet, so that you may even wet your pants sometimes.

Dribbling wee.

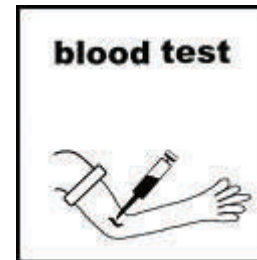
Pain in the lower back.



Tests for Prostate Cancer

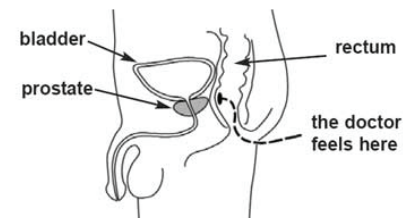


Urine Test
Checks for infection.



Blood test
Measures a protein produced by the prostate gland.

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



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