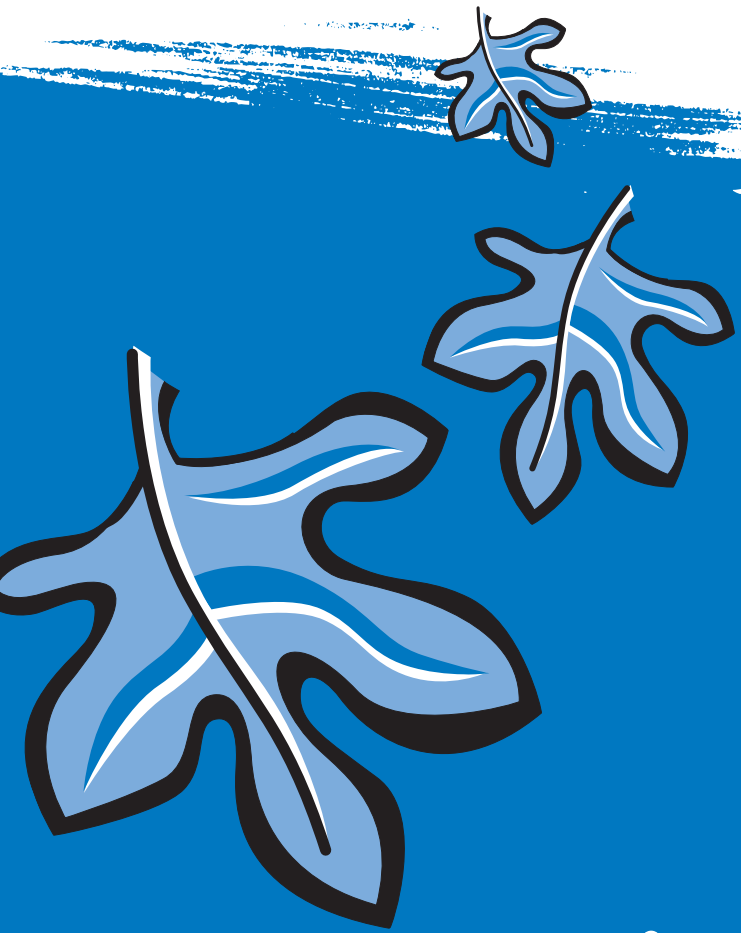


prostate cancer

spot the **symptoms**,
know the **facts**



Prostate cancer facts

Only men can develop prostate cancer and the risk of getting it increases with age.

Many prostate cancers grow slowly and may not cause problems, but some grow quickly and need early treatment. It is important to recognise any symptoms and tell your doctor.

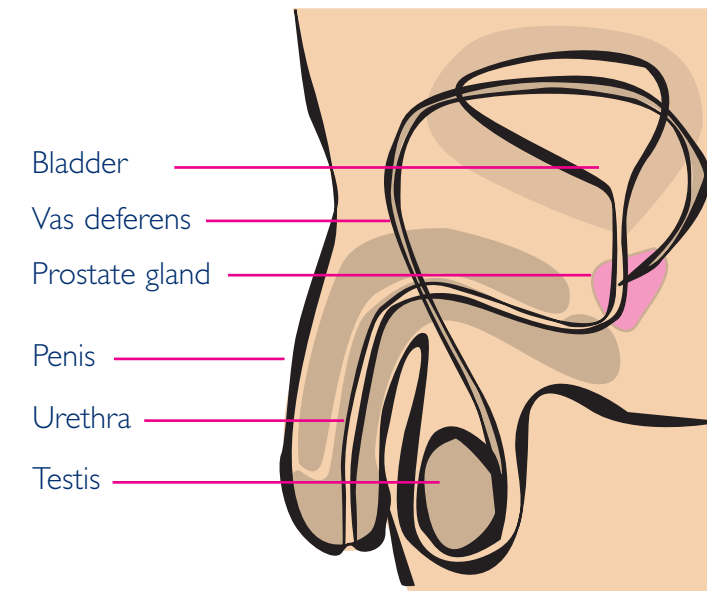
How common is it?

Prostate cancer is now the **most common cancer in UK men**. More than **70 men are diagnosed with the disease every day**. Nine out of ten cases occur in men over the age of 60.

The number of prostate cancer cases reported worldwide is going up. One reason for the increase is that men are living longer. They are more likely to reach old age and develop prostate cancer. Another reason is that more men are being tested and found to have the cancer.

The prostate

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra – the tube that carries urine and semen out through the penis. The prostate gland produces a thick clear fluid that mixes with sperm to form semen.



As a man gets older, his prostate may get bigger and restrict the flow of urine. This very common condition is called benign prostatic hyperplasia (BPH). It is not cancer but causes some of the same symptoms as prostate cancer.

What is prostate cancer?

Prostate cancer develops when a single cell in the prostate begins to multiply out of control and forms a tumour. Some cells may break away starting tumours in other parts of the body.

In many men, prostate cancer grows slowly and may not cause any problems. But in some men, the cancer grows more quickly.

What affects your risk?

Certain things increase a man's chance of developing the disease...

- **increasing age** – the older you are, the greater the risk
- **family history** – if a close relative had prostate cancer, particularly at a young age, then your risk may be higher
- **breast cancer in the family** – if a close female relative had breast cancer at an early age (under 40), or any male in your family had breast cancer, your risk of prostate cancer may be higher
- **African ancestry** – prostate cancer is more common in black men than white or Asian men
- **diet** – eating a diet high in animal fat and low in fruit, vegetables and fish may increase risk

What are the symptoms of prostate cancer?

The following symptoms may be caused by problems that are much less serious than prostate cancer. Try not to worry if you develop any of them, but **do get them checked out...**

- difficulty or pain in passing urine
- having to rush to the toilet to pass urine
- frequent visits to the toilet, especially at night
- starting and stopping while urinating
- dribbling urine
- a feeling of not having emptied the bladder fully

And less commonly...

- blood in the urine or semen
- impotence
- pain in back, hips or pelvis

What will happen at the doctor's?

Your doctor will ask about your symptoms and may suggest a blood test. This will tell the doctor about the level of a protein called PSA (prostate specific antigen) in your bloodstream.

High levels of this protein, produced by the prostate, can indicate prostate cancer. But the test can be positive for other reasons and does not provide a diagnosis of cancer.

The doctor may do a physical examination to see if the prostate is enlarged. If your PSA level is high and the prostate gland feels enlarged, further tests may be needed.

Further information

For more about cancer visit our patient information website www.cancerhelp.org.uk click on 'specific cancers' then 'prostate cancer'.

If you want to talk in confidence about cancer, call our **information nurses**. Direct line **020 7061 8355** or freephone 0800 CANCER, that is 0800 226237 or email cancer.info@cancer.org.uk

Order copies of this and other cancer awareness leaflets online at www.cancerresearchuk.org/leaflets or call **020 7061 8333**.

If you would like further information about the PSA test, your doctor can give you an information sheet called '**PSA Testing for Prostate Cancer**'. This provides details of the advantages and disadvantages of the PSA test.

About Cancer Research UK

Cancer Research UK is the leading charity dedicated to research on the causes, treatment and prevention of cancer. If you would like to support our work please call **020 7121 6699** or visit our website.

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