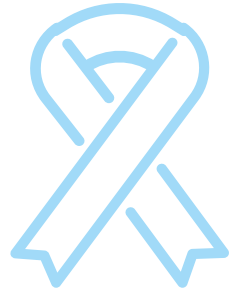




A Guide To Understanding Prostate Cancer

This guide will help you to learn more about prostate cancer, including:

- **What is prostate cancer**
- **Risks and causes**
- **Reducing your risk**
- **Symptoms to look out for**
- **Screening for prostate cancer**



What is Prostate Cancer?

Prostate cancer is cancer of the prostate gland. The prostate gland is part of the male reproductive system, that is just below the bladder and in front of the rectum (back passage). Cancer is when abnormal cells start to divide and grow in an uncontrolled way. The cells can grow into surrounding tissues or organs and may spread to other areas of the body.

Prostate cancer is the most common cancer in men the UK. Prostate cancer is more common over the age of 65. It can happen at a younger age, but it is uncommon under 50.



Some prostate cancers grow very slowly and are unlikely to spread or affect how long you live. But some grow quickly and are more likely to spread. These are more likely to cause problems and need treatment to stop spreading.



PSA screening can help detect prostate cancer before you have any symptoms and can help pick up a fast-growing cancer at an early stage, when treatment could stop it spreading and causing

In the UK, about **1 in 8 men** will get prostate cancer in their lifetime.



Around **52,300** men are diagnosed with prostate cancer in the **UK each year**.



The number of people diagnosed with prostate cancer has **increased** over the last **10 years**.



This video from Cancer Research UK below explains more about prostate cancer: <https://youtu.be/s2OATiXezCQ>



Risks and Causes of Prostate Cancer

Below are the main prostate cancer risk factors. Having one or more of these risk factors doesn't mean you will definitely get prostate cancer:



Getting older – it mainly affects men aged 50 or over



Having a family history of prostate cancer



Being of Black ethnic origin



Being overweight



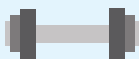
Reducing your Risk

Prostate cancer is not clearly linked to any preventable causes.

But a healthy lifestyle may be important as 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).



Lose weight if you're overweight



Stay active and exercise regularly



Eat a healthy diet including at least 5 portions of fruit and vegetables a day

Symptom Checker

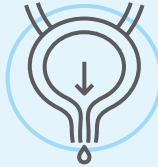
These are the symptoms from the [NHS website](#)

Prostate cancer does not usually cause any symptoms until the cancer has grown large enough to put pressure on the tube that carries urine from the bladder out of the penis (urethra).

Symptoms of prostate cancer can include:



Needing to pee more frequently, often during the night



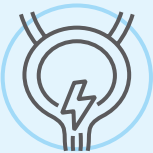
Weak flow



Needing to rush to the toilet



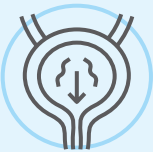
Feeling that your bladder has not emptied fully



Difficulty in starting to pee (hesitancy)



[Blood in urine](#) or [blood in semen](#)



Straining or taking a long time while peeing

These symptoms do not always mean you have prostate cancer. Many men's prostates get larger as they get older because of a non-cancerous condition called [benign prostate enlargement](#).



If you have any symptoms, you should seek advice from your GP.

Screening



There's currently no national NHS screening programme for prostate cancer in the UK.

Age 50 and over



However men and people with a prostate who are aged 50 or over can ask their GP for a PSA test, even if they do not have any symptoms.



Contact Us

Visit us at: www.reframe.co.uk
Call us on: **0207 965 0309**
Email us: support@reframe.co.uk

More Information

[Prostate Cancer UK](#)

[Prostate Cancer - NHS](#)

[Prostate Cancer - Cancer Research UK](#)

[Prostate Cancer - Macmillan](#)

