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Information used in this booklet was provided by Healthworks Cancer champions. Graphics were provided by Prostate Cancer UK

For more information visit:

www.healthworksnewcastle.org.uk

<https://prostatecanceruk.org>

Men and Prostate Cancer

What is Prostate Cancer?

The prostate is a small gland in the pelvis and is part of the reproductive system. About the size of a walnut, it's located between the penis and the bladder, and surrounds the urethra.

The causes of prostate cancer are largely unknown. But certain things can increase your risk of developing the condition – such as diet, weight and smoking.

Are you at risk of Prostate cancer?

Most cases develop in people with a prostate aged 50 or older.

For reasons not yet understood, prostate cancer is more common in black people with a prostate and less common in Asian people with a prostate.

Those whose father or brother were affected by prostate cancer are at slightly increased risk themselves.

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Treatment

If you do have prostate cancer, you may not need treatment.

If the cancer is at an early stage and not causing symptoms, your doctor may suggest either "watchful waiting" or "active surveillance".

The best option depends on your age and overall health. Both options involve carefully monitoring your condition.

Some cases of prostate cancer can be cured if treated in the early stages.

Treatments include:

- Surgically removing the prostate
- Radiotherapy – either on its own or alongside hormone therapy

There's no single test for prostate cancer.

The most used tests for prostate cancer are:

- Blood test
- A physical examination of your prostate
- An MRI scan
- A biopsy

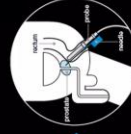
Visit your GP if there is anything not normal for you!

New MRI scans and safer biopsies reduce harm and could make screening a reality.

Before 2019:



PSA blood test



Transrectal biopsy

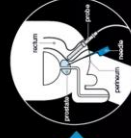
TODAY:



PSA blood test



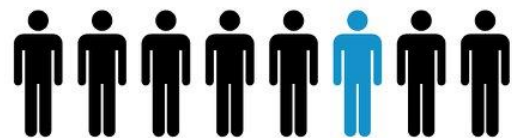
mpMRI scan



Transperineal biopsy



Are you at risk of prostate cancer?

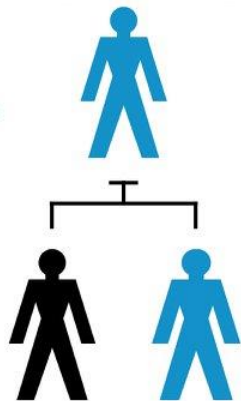


1 in 8

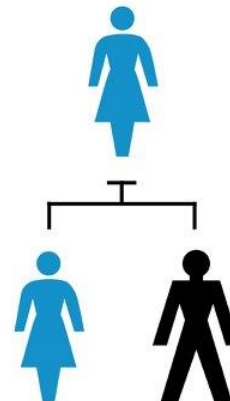
In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.

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 with no family history of prostate cancer.



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

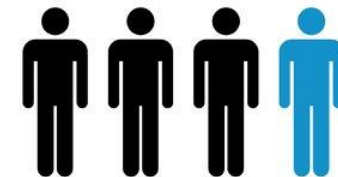


Over 50 years old

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

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

Ethnicity



Black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 black men will get prostate cancer at some point in their lives. If you're black, you may be more likely to get prostate cancer if you're aged 45 or over.



SUPPORTING

**PROSTATE
CANCER UK**

Speak to our
Specialist Nurses
0800 074 8383
prostatecanceruk.org

