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Prostate cancer

What you need to know



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prostate cancer

the facts

- Most common cancer in men with almost 4,000 cases diagnosed every year
- Many men with early prostate cancer have no symptoms at all
- All men from the age of 50 should talk to their doctor
- If you have a family history speak to your doctor at 45
- The PSA is a simple blood test for prostate health, in some cases it helps to diagnose prostate cancer
- If prostate cancer is found early, treatment can often be very successful

Risks and causes of prostate cancer

Many causes of prostate cancer are unknown but your risk may be increased with the following:

- **Age:** More common in men over 50
- **Family history:** Your risk is higher if your father or brother had prostate cancer, if they had it at a young age your risk is greater still
- **Diet:** A diet high in saturated fat and low in fibre increases your risk

signs & symptoms

There might not be any symptoms in the early stages but go to your doctor if you have any of the following:

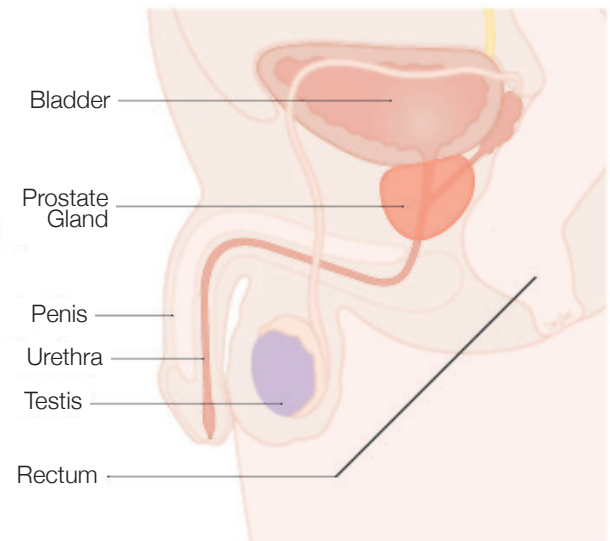
- Difficulty and pain when passing urine (peeing)
- Unable to hold urine (pee) until you get to the toilet
- Having to go to the toilet more often
- Having to get up at night to pass urine (pee)
- Unable to urinate or have to force the urine (pee) out
- Having a weak or interrupted flow
- Feeling like your bladder isn't empty after peeing
- Blood in your urine (pee)

Symptoms that are less common:

- Trouble having or keeping an erection
- Pain in your back, hips or upper thighs

How to reduce your risk of getting prostate cancer

- Know your family history
- When you reach 45- 50 have a chat with your doctor about the PSA test
- Keep a healthy weight – Eat a diet high in fibre and low in saturated fat, salt, sugar and red meat
- Exercise daily. At least 30 minutes a day, 5 days a week



Cancer Research UK

Important things to remember

- Know what's normal
- Talk to someone if you notice changes, and talk to your doctor if they don't go away