

## RISK FACTORS FOR PROSTATE CANCER

- **Age:** The likelihood of developing prostate cancer rises as you age. While the average age for diagnosis is **between 74 and 75**, the risk begins to **increase at 50. For black men the risk increase from 45.**
- **Family History:** If your father or brother has been diagnosed with prostate cancer, you are **2.5 times** more likely to develop the disease. Additionally, having a mother or sister with a history of breast or ovarian cancer also elevates your risk. This is because some genes can increase your risk of getting cancer.
- **Weight:** A Body Mass Index (BMI) **over 23** is associated with an increased risk of prostate cancer, with this risk increasing further if your BMI reaches **27.5 or higher.**



## SUPPORT AVAILABLE

**Cancer Research UK** offers confidential support through cancer information nurses, who answer questions about all cancer aspects. **Contact them at 0808 800 4040 (Mon–Fri, 9am–5pm) or visit [cruk.org](http://cruk.org).**

**Maggie's** offers free practical, emotional, and social support for individuals with cancer and their families. Contact details:

- **Website:** [maggies.org](http://maggies.org)
- **Phone:** 0300 123 1801
- **Email:** [enquiries@maggies.org](mailto:enquiries@maggies.org)

**A Maggie's Centre is located at Northampton General Hospital, Billing Road, with no appointment needed for drop-in visits.**

**Prostate Cancer UK** offers a range of support service for people worried about prostate cancer or prostate problems. **Contact them on 0800 074 8383 or visit [prostatecanceruk.org/prostate-information-and-support/get-support](http://prostatecanceruk.org/prostate-information-and-support/get-support)**

# PROSTATE CANCER

**What to look out for, risk factors, what to expect from a screening, and where to find a helping hand!**



## WHAT TO LOOK OUT FOR

- Finding it difficult to start peeing or straining to pee
- Having a weak flow of urine
- "Stop start" peeing
- Needing to pee urgently or often, or both
- Feeling like you still need to pee when you've just finished
- Peeing during the night
- Other symptoms can include:
  - Erectile dysfunction (being unable to get or keep an erection)
  - Blood in your urine or blood in your semen
  - Lower back pain and losing weight without trying to (these may be symptoms of advanced prostate cancer)

**If you or your partner notice anything from this list, speak to a doctor.**



## TESTS AND NEXT STEPS FOR PROSTATE CANCER

There is no routine screening for prostate cancer; the initial step is a PSA blood test.

### PSA blood test

Results for a PSA blood test are available in 1 to 2 weeks. While the PSA test can't diagnose cancer, it indicates prostate issues, necessitating further tests for confirmation.



If concerns arise, a rectal exam may be performed, **however this is becoming less common** with MRIs being used more often as the next stage in the diagnostic process.

### Rectal Exam

If you do need a Rectal exam this involves a doctor or nurse gently examining the prostate with a gloved, lubricated finger. This procedure is nothing to be embarrassed about. You can ask for a male or female doctor or nurse, if one's available. You can have a friend, family member or other member of staff in the room with you if you want.

## WHY IT IS IMPORTANT TO TALK TO A DOCTOR

Did you know: More than 55,000 men are diagnosed with prostate cancer every year

When caught at stage 1 almost 100% of people will survive their cancer for 5 years or more after they are diagnosed.

When caught at stage 4 around 50% of people will survive their cancer for 5 years or more after they are diagnosed.