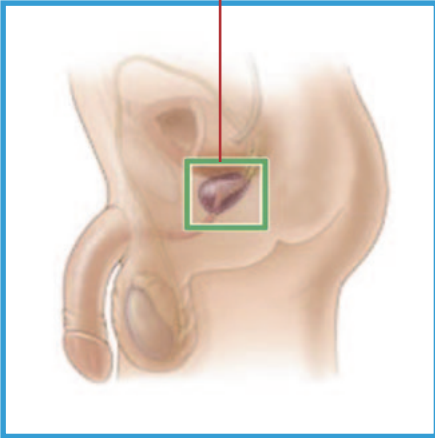
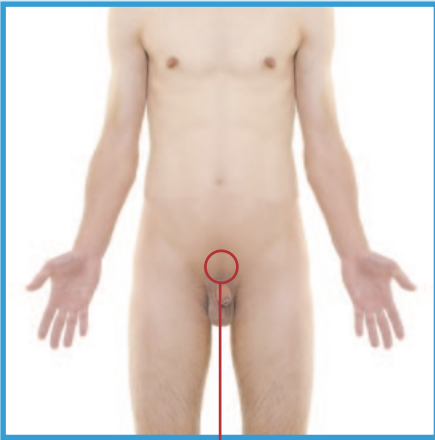


# Prostate Cancer

## Where is the Prostate Gland?



The prostate is a small gland found only in men. It is about the size of a walnut.

It lies below the bladder and the tube that carries urine and semen out through the penis.

## What the Prostate does?



The prostate gland produces a thick clear fluid that mixes with sperm to form semen.

# What increases your risks of getting Prostate Cancer?



These are the things you need to know that might affect your risk of getting Prostate Cancer.



## Age

The older you are, the greater the risk of you getting Prostate Cancer.



# What increases your risks of getting Prostate Cancer?

## Family History



If your Dad or Brother had Prostate Cancer then your risk of getting Prostate Cancer may be higher.



If your Mum or Sister had Breast Cancer you may be at an increased risk of getting Prostate Cancer.



## What increases your risks of getting Prostate Cancer?

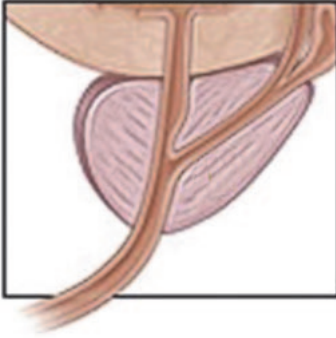
Prostate Cancer is more common in black men.



Prostate Cancer is more common in black men than white or asian men.



# What is Prostate Cancer?



**Normal Prostate Gland**



**Infected Prostate Gland**



**Cancerous Prostate Gland**

This is when a single cell in the prostate begins to grow and increase faster than it should.

This can form a tumour, which is called Prostate Cancer.

In this country Prostate Cancer is the most common cancer in men over 45 years.

# Prostate Cancer



In some men Prostate Cancer grows slowly and may not cause problems.



In some men Prostate Cancer grows quickly and needs early treatment.



## Signs of Prostate Cancer

If you notice a change in your pee contact your doctor.

If you need to pee more, especially at night, contact your doctor.

If the speed of your pee has changed and the flow starts and stops, contact your doctor.





# Signs of Prostate Cancer



If you want to pee but can not, contact your doctor.



If your bladder still feels full even when you have had a pee, contact your doctor.



If you notice blood in your pee, contact your doctor.



If you have pain when peeing, contact your doctor.

## Signs of Prostate Cancer



If you have pain during sex when you cum (orgasm) contact your doctor.



If you see blood in the semen after you masturbate or have sex contact your doctor.



# Less Known Signs of Prostate Cancer



If you have pain in your back, contact your doctor.



If you have pain in your hips, contact your doctor.



If you have pain in your pelvis, contact your doctor.

# Checking for Prostate Cancer



The doctor will ask you about your family history of Prostate Cancer.



If your parents have a different coloured skin to you, let your doctor know.

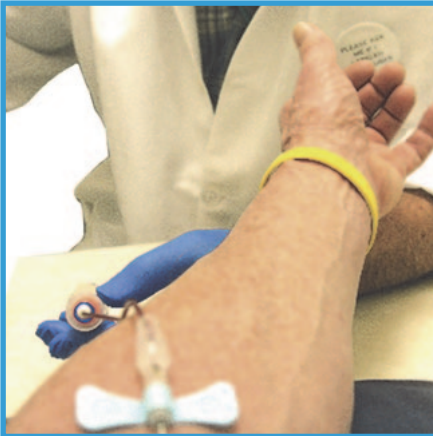


Prostate Cancer is more common in **black men** than white or asian men.

# Checking for Prostate Cancer



The doctor will have a chat with you about the two tests that find out about Prostate Cancer.



One is a blood test called PSA; this is a test looking for Prostate Cancer.

The doctor can arrange for you to have a PSA test.



The PSA Test may help to find Prostate Cancer early.

# Checking for Prostate Cancer



You can ask for this blood test from the age of 45 to check if your prostate is healthy.



If you would like a PSA test, then you should discuss it with your doctor.



The doctor may arrange the blood test on your behalf.



## PSA levels

If your PSA level is not raised, no more tests are needed.



You can have three results; **no change**, **raised** and **raised a lot**.



If your PSA level is raised a lot, your doctor will arrange for you to see a specialist doctor to have more tests, to find out if you have Prostate Cancer.



# PSA Levels



**Cancerous Prostate Gland**

If the level of protein (PSA Blood Test) in your blood is raised, this may mean you have Prostate Cancer.



2 out of 3 men may have a raised PSA level but will not have Prostate Cancer.



The PSA test can miss cancer.

## Before your PSA test

You should not have an “infection in your pee”.

You should not have had sex in the last 48 hours.

You should not have exercised a lot in the last 48 hours, for example cycling.

Each of these activities may give a high PSA result.



## Before your PSA test



You should not have had a rectal examination in the last week.



You should not have had a prostate biopsy in the last six weeks.



Each of these activities may give a high PSA result.

## The second test for Prostate Cancer



The doctor will ask you to remove your pants and underwear.



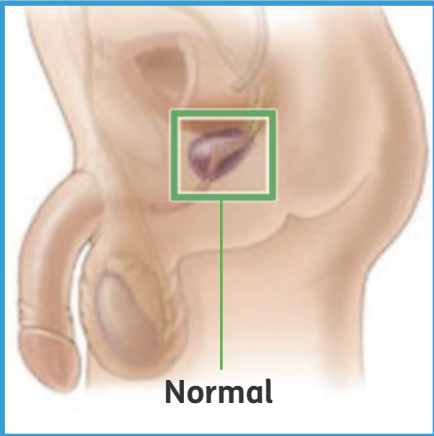
The doctor will ask you to lie on the couch or bed.



The doctor will do a rectal examination. This means that the doctor will put a gloved finger into your bottom to feel the prostate gland.

# What the doctor is feeling for

Your doctor is feeling the prostate gland.



This is to see if the prostate gland has got bigger and for any lumps.

# For more information about Prostate Cancer



If you are worried or have concerns speak to a family member, carer or staff member.



Speak to your doctor.

# Wordlist



**Flow of your pee;** is another way of describing the speed of your pee.



**Interrupted flow;** when you pee the flow of your pee will start and stop sometimes called interrupted flow.



**Pain during sex when you cum (come);** sometimes is another way of saying having an orgasm.



**PSA;** The Prostate Specific Antigen Test is sometimes called the PSA Test.



**Level of protein (PSA Blood Test) in your blood is raised;** the PSA Test is looking for protein in your blood.



# Wordlist



**Prostate Biopsy;** is another way of saying that a sample of your prostate tissue will be removed and sent to a laboratory for testing.



**Rectal Examination;** means that the doctor will put a gloved finger into your bottom to feel the prostate gland.



## **This booklet is available in other languages and formats**

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with United Response Men's Group from Oakfield Day Service, United Response Women's Group from Oakfield Day Service, Community Focus Men's Group Southport Mersey Care NHS Trust and People First Merseyside.