



Prostate Cancer

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

The prostate is a small gland (about the size of a walnut) in the pelvis and is part of the male reproductive system. It's located between the penis and the bladder.

Did you know...

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

Most cases develop in men aged 50 or older

The prostate produces a thick white fluid that creates semen when mixed with the sperm produced by the testicles

Prostate cancer is more common in black men and less common in Asian men

Signs and symptoms

- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully
- Blood in urine or blood in semen

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.

Screening

- Instead of a national screening programme, there is an informed choice programme, called prostate cancer risk management, for healthy men aged 50 or over who ask their GP about PSA testing. It aims to give men good information on the pros and cons of a PSA test.
- If you're aged 50 or over and decide to have your PSA levels tested after talking to a GP, they can arrange for it to be carried out free on the NHS.
- If results show you have a raised level of PSA, the GP may suggest further tests.



Risks and how to reduce them

- Age – the risk rises as you get older, and most cases are diagnosed in men over 50 years of age
- Ethnic group – prostate cancer is more common in black men than in Asian men
- Family history – having a brother or father who developed prostate cancer before age 60 seems to increase your risk of developing it; research also shows that having a close female relative who developed breast cancer may also increase your risk of developing prostate cancer
- Obesity – recent research suggests there may be a link between obesity and prostate cancer, and a balanced diet and regular exercise may lower your risk of developing prostate cancer
- Diet – research is ongoing into the links between diet and prostate cancer, and there is some evidence that a diet high in calcium is linked to an increased risk of developing prostate cancer

You can take action to reduce your risk by:

- Seeing your GP if you notice any symptoms
- Getting more active
- Reducing your alcohol intake
- Losing weight if you are overweight
- Eating a balanced diet
- Stopping smoking

Check your risk of developing prostate cancer using the:
[Prostate Cancer UK Risk Checker](#).

Further information and resources

- [Healthworks 'Take a minute' prostate cancer video](#)
- [NHS - should I have a PSA test](#)
- [NHS website](#)
- [Prostate Cancer UK](#)
- [Cancer Research](#)
- [Prostate Scotland - symptom checker](#)
- [Movember](#)