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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 bowel 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 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:

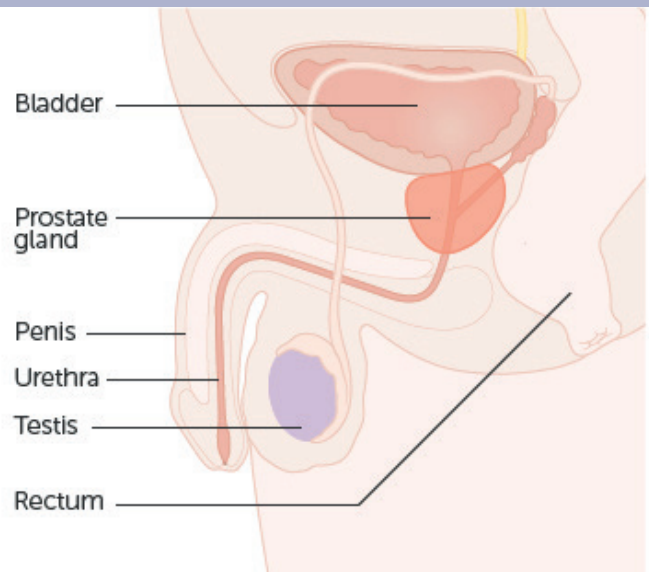
- Difficulty and pain when passing urine (peeing)
- Unable to hold urine (pee) until you get to the toilet
- Having to go to the toilet more often
- Having to get up at night to pass urine (pee)
- Unable to urinate or have to force the urine (pee) out
- Having a weak or interrupted flow
- Feeling like 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 keep an eye on any changes you've noticed, and if they don't go away you should talk to your doctor