

Do you know a man who is over 50? Whether he's your husband, father or friend, you could save his life by knowing more about prostate cancer.

What is the prostate?

The prostate is a gland found only in men. It lies at the base of the bladder. The prostate's function is to produce fluid that carries sperm. As men age, the prostate naturally enlarges and can squeeze the urethra - the tube carrying urine to the penis - causing problems urinating.

Age Groups at Risk

Many people wrongly believe prostate cancer only affects older men,

BUT

Younger men can get this cancer as well. Men in their 40s, 50s and 60s are being diagnosed with this disease.

Symptoms of prostate problems

Urinary Symptoms

- frequent need to pee, especially at night
- a feeling of not emptying fully at the end of a pee
- bursting to pee, slow flow, difficult, painful
- straining to pee or taking a long time to start
- pain or a burning sensation on peeing
- blood in urine

Other Symptoms

- Aches or pains in the lower back or upper thighs, pelvic area
- Difficulty getting and/or keeping an erection

Regular checks for prostate health

Most prostate problems are not cancer. But if cancer is discovered, it responds well to treatment provided it is contained within the prostate gland. For this reason it is important that you and your man become more aware of the symptoms and consider regular yearly checks of the PSA level in the blood.

Early stage prostate cancer does not generally have any symptoms. But if you think your man could be at risk, by having a family history of prostate or breast cancer, which *doubles* the risk, or have any of the symptoms listed, it is **VITAL** that he consult his doctor immediately.

Tests for prostate problems

A GP will arrange for a small blood sample to be taken. It is tested to measure the amount of Prostate Specific Antigen (PSA) which is produced in the prostate gland. An abnormal PSA will be followed up by other tests, possibly undertaken at your local hospital.

Only one man in three with a high PSA will have prostate cancer, but his chances are greatly improved by early diagnosis and treatment.

Persuading him to get checked

Your man may be reluctant to book an appointment with his doctor in order to get his symptoms checked. You will probably know the best way to convince him, but here are a few ideas which may prove useful –

- Do it for me / us / the family – YOUR GRANDCHILDREN NEED YOU.
- Compare prostate checks to breast checks. His yearly prostate check can be as useful as your breast check-ups.
- Use other people's experience of successful outcomes after visiting a doctor as an example.
- Leave some prostate information leaflets lying around the house where he is likely to pick them up.
- If all else fails, book a double appointment and tell him he's going with you.

Early detection and early treatment could help to save your man's life.

Help your man to take the plunge, book an appointment at your GP Surgery or local health centre.

HERE TO HELP

PCaSO Prostate Cancer Network is your support organisation in the Dorset, Hampshire and Sussex areas. It is a charity managed entirely by volunteers, many of whom are prostate cancer patients. PCaSO's services are available to all who may be concerned about or affected by prostate cancer - patients, families, partners, friends.

PCaSO provides free and confidential HELP - SUPPORT - INFORMATION

Regular meetings are held in
Dorset - Hampshire - Sussex
Quarterly Newsletters

Ask for a copy of our free comprehensive
Information Booklet
Knowledge Empowers
or our Awareness DVD (£2)

CALL OUR HELP LINE
0845 650 2555

(Local Rate Call)
Monday to Friday: 10am to 7pm

Website: www.pcaso.org
Email: info@pcaso.org

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PCaSO Prostate Cancer Network
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Registered Charity
No. 1095439

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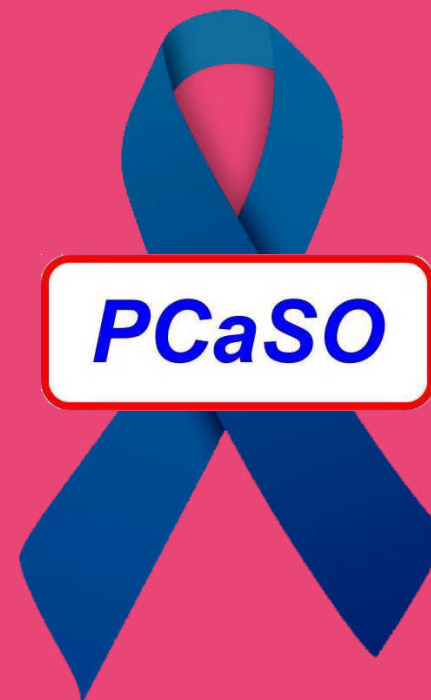
Founder:

David Rowlands

Local area contact:

PICK ME UP

WHAT EVERY WOMAN SHOULD KNOW ABOUT HER MAN



Prostate Cancer Network
HELP - SUPPORT - INFORMATION
Help line: 0845 650 2555
www.pcaso.org