



East Grinstead & District Lions Club

Prostate Awareness

Key Facts

Only Men have a Prostate

The Risk?

One in Eight White men will get prostate cancer at some point in their lives. One in Four Black men will get prostate cancer at some point in their lives. If your father or brother has had it you are TWO and Half times more likely to get it.

Growth Rate?

Prostate Cancer grows slowly, sometimes without any symptoms and has a low risk of spreading. It may never cause problems or shorten your life. However, if it is growing more quickly your chances improve if it can be caught early and treated.

Symptoms?

Some men have no symptoms. However those that do include having problems urinating (peeing) and for others a pain in the back, hips or pelvis. Of course, these are often caused by other things, that aren't cancer. But it's still a good idea to get any symptoms checked out.

Screening?

The NHS does not provide a screening test for Men.

The PSA Test?

There are advantages and disadvantages to having a PSA test. The further information overleaf may help you decide whether or not to talk to your GP about having the test.

Prostate Cancer

This flier is provided to men who want to find out about prostate cancer and a blood test called the PSA test, which can help diagnose prostate cancer and other prostate problems.

If you are worried about prostate cancer, speak to your GP. You could also speak to the **Prostate Cancer UK** Specialist Nurses in confidence on **0800 074 8383** or chat to them online at www.prostatecanceruk.org

What is a PSA Test?

The PSA test is a blood test that can be done at your GP surgery. It measures the amount of prostate specific antigen (PSA) in your blood.

PSA is a protein made by the prostate. It is normal to have a small amount of PSA in your blood and the amount raises as you get older. But other things can raise you PSA level too, including prostate cancer. If your PSA level is raised, you may need more tests to find out why.

There is not a prostate cancer screening programme available in the UK, so you won't be invited to have a PSA test as part of a regular check up. However, East Grinstead & District Lions Club are considering running a screening day later in the year.

But in the meantime you have the right to a PSA test if you are **over 50** and you've talked through the advantages and disadvantages with your GP or practice nurse.

Why isn't there a screening programme? The key benefit to a screening programme is to find any cancer early and treat it in time to get rid of it. However, a screening programme in the UK for **all men** with the PSA test may have more risks than benefits.

However, if you're **over 45** and have a higher risk of prostate cancer, because you have a **family history** of it or you're **black**, you may want to talk to your GP about having a test sooner.

Catching Prostate Cancer Early can save lives.
Over 11,000 men die each year because of Prostate Cancer.

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