



What are the symptoms of prostate cancer?

The most common symptoms of prostate cancer are:

- needing to pee often, especially at night
- difficulty in starting to pee
- straining to pee or taking a long time to finish
- pain when peeing or during sex when you have an orgasm.

And less commonly:

- blood in the urine or semen
- impotence
- pain in back, hips or pelvis.

These symptoms may be caused by problems that are much less serious than cancer. But if you develop any of them, it is best to see your doctor to get them checked out.

What will happen at the doctor's?

Your doctor will ask about your symptoms and may suggest a blood test. This will tell the doctor about the level of a protein called PSA (prostate specific antigen) in your bloodstream. High levels of this protein, produced by the prostate, can indicate prostate cancer. But the test can be positive for other reasons and does not mean you have cancer.

The doctor may do a physical examination to see if the prostate is enlarged. If your PSA level is high and the prostate gland feels enlarged, further tests may be needed. The PSA test can also be used for men who do not have any symptoms of prostate cancer. If you want to know more about the PSA test your doctor can give you an information sheet called 'PSA testing for Prostate Cancer'.

Further information

For more about screening and the signs and symptoms of cancer visit www.spotcancerearly.com

For more about cancer visit our patient information website www.cancerhelp.org.uk

If you want to talk in confidence about cancer, call our information nurses on freephone **0808 800 4040**.

Our health messages are based on scientific evidence. Find out more at www.cancerresearchuk.org/health

All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed externally by independent experts and updated regularly. You can order our full range of leaflets free online at www.cancerresearchuk.org/leaflets

About Cancer Research UK

Cancer Research UK is the world's leading charity dedicated to research into the prevention, diagnosis and treatment of cancer. If you would like to support our work, please call **020 7121 6699** or visit our website www.cancerresearchuk.org

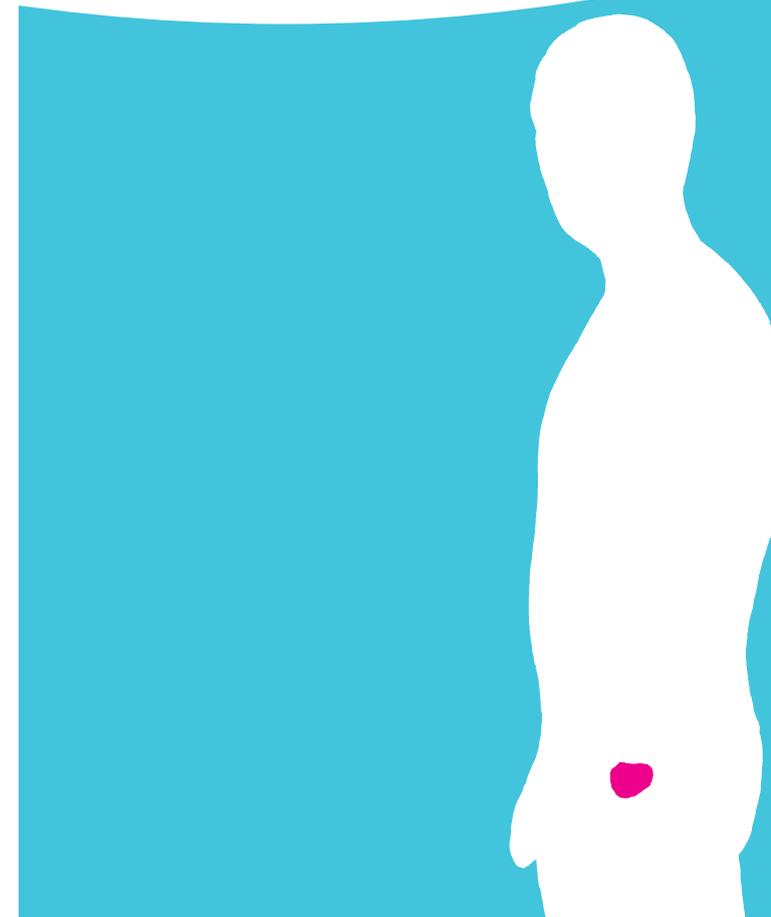
Together we will beat cancer

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Registered charity in England and Wales
(1089464) and Scotland (SC041666).



Detecting prostate cancer

spot the symptoms early





Prostate cancer facts

Only men can develop prostate cancer and the risk of developing it increases with age.

Many prostate cancers grow slowly and may not cause problems, but some grow quickly and need early treatment. It is important to be aware of the symptoms so you can tell your doctor.

How common is it?

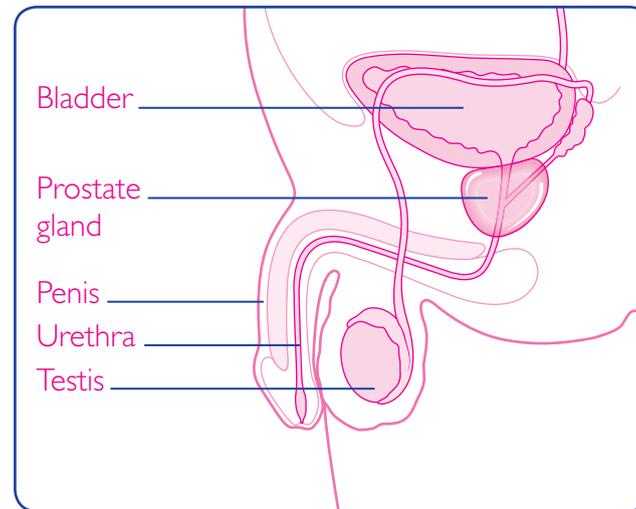
Prostate cancer is the most common cancer in UK men.

Prostate cancer is strongly linked to age. Around three quarters of cases are in men over the age of 65.

Prostate cancer is on the increase in the UK. One reason for this is that men are living longer. They are more likely to reach old age and develop prostate cancer. Another reason is that more men are being tested and found to have the disease.

What is the prostate?

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra – the tube that carries urine and semen out through the penis. The prostate gland produces a thick clear fluid that mixes with sperm to form semen.



As a man gets older, his prostate may get bigger and restrict the flow of urine. This is a very common condition called benign prostatic hyperplasia (BPH). It is not cancer but causes some of the same symptoms as prostate cancer.

What is prostate cancer?

Prostate cancer develops when a single cell in the prostate begins to multiply out of control and forms a tumour. Some cells may break away starting tumours in other parts of the body.

In many men, prostate cancer grows slowly and may not cause any problems. But in some men, the cancer grows more quickly.

What affects your risk?

Certain things increase a man's chance of developing the disease:

- **Age** – the older you are, the greater the risk.
- **Family history** – if a close relative had prostate cancer, particularly at a young age, then your risk may be higher.
- **Breast cancer in the family** – a strong family history of breast cancer may increase your risk of prostate cancer, particularly if you have a close relative diagnosed under the age of 60.
- **African ancestry** – prostate cancer is more common in black men than white or Asian men.

It is not yet clear if or how diet affects prostate cancer risk. So far scientists think that dairy foods such as milk and cheese may increase the risk of the disease.