

Prostate cancer

Know your symptoms



- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee
- Straining or taking a long time while peeing or weak flow
- Feeling that your bladder has not emptied fully

What is the prostate?

The prostate is a small gland in the pelvis found only in men. It's located between the penis and the bladder and surrounds the urethra. The main function of the prostate is to help in the production of semen.

Source: NHS Choices 2018



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Prostate Cancer

Prostate cancer is the most common cancer in men in the UK, with over 40,000 new cases diagnosed every year.

Prostate cancer does not normally cause symptoms until the cancer has grown large enough to put pressure on the urethra. This normally results in problems associated with peeing – needing to pee more frequently, needing to rush to the toilet, difficulty starting to pee or feeling that your bladder hasn't emptied fully.

These symptoms shouldn't be ignored but they don't mean you definitely have prostate cancer. If you develop symptoms make an appointment with your GP.

It is not known exactly what causes prostate cancer, although a number of things can increase your risk of developing the condition.

Age – 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 among men of African-Caribbean and African descent than in men of other ethnicities.

Family history – having a brother or father who developed prostate cancer under the age of 60 seems to increase the risk of you developing it.

Obesity – recent research suggests that there may be a link between obesity and prostate cancer.

Exercise – men who regularly exercise have also been found to be at lower risk of developing prostate cancer.

Diet – research is ongoing into the links between diet and prostate cancer. There is evidence that a diet high in calcium is linked to an increased risk of developing prostate cancer.



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