The signs of prostate cancer are:

- Needing to wee more often, usually during the night
- Needing to rush to the toilet
• Difficulty in starting to wee

• Straining or taking a long time to wee or weak flow

• Feeling that you still need a wee, even when you have just been
What is the prostate?

The prostate is a small gland that men have. It is between the penis and the bladder.

The prostate helps make semen.
Prostate Cancer

Prostate cancer is the most common cancer in men in the UK.

40,000 men are diagnosed every year.

Prostate cancer does not usually cause symptoms until the cancer has grown large enough to put pressure on the urethra.

This is the tube your wee comes out of.
This normally results in problems weeing.

If you develop symptoms make an appointment with your GP.

It is not known exactly what causes prostate cancer, but you are more likely to get it if:

• You are over 50 years of age
• Your ethnic group is Afro-Caribbean or African

• You have a brother or a father who had prostate cancer before they were 60 years old

• You are overweight
• You don’t exercise regularly

• You have a lot of calcium in your diet
  Foods like milk, cheese and yoghurt have calcium in them.