

Information from this leaflet was taken from the booklet 'Know your prostate: A guide to common prostate problems' created by Prostate Cancer UK.

Prostate Cancer UK fights to help more men to survive prostate cancer and enjoy a better life.



**PROSTATE
CANCER UK**

For further info on prostate cancer visit:

- www.prostatecanceruk.org
- or call their Specialist Nurses on 0800 074 8383*

* Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.



University Hospitals **NHS**
of Leicester
NHS Trust

PROSTaid[®]

PROSTaid works in partnership with UHL hospitals funding two Prostate Cancer Specialist Nurses. For information, help and support contact:

UHL Prostate Nurses: Nicki Bakewell 0116 258 4490

PROSTaid: Pamela Campbell Morris 07717 376858

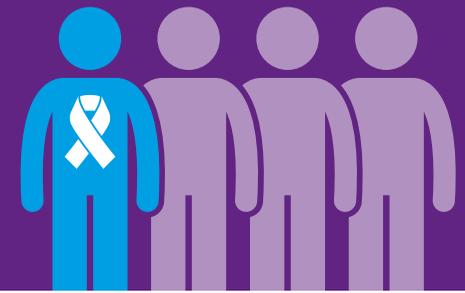
KNOW YOUR PROSTATE...



- WHAT CHANGES TO LOOK OUT FOR
- WHAT WILL HAPPEN AT THE GP SURGERY

www.centreforbmehealth.org.uk

IN THE UK, 1 IN 4 BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME



If you're a black man aged 45 or over, speak to your GP about your risk of prostate cancer. **Don't wait for symptoms.**

Most men with early prostate cancer have no symptoms at all. That's why it's important to know your risk and take action early.



However, you'll usually only get early symptoms if the cancer grows near the tube that you urinate through, and presses against it.

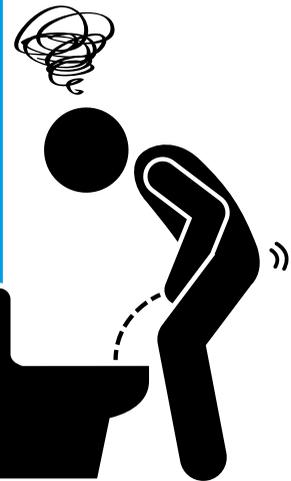


Your GP may ask you for a urine sample to check for blood or an infection. You may need to give more than one sample. If you have an infection your GP will give you a course of antibiotics to treat it.

If you do notice changes in the way you urinate, it's still a good idea to get it checked out.

Changes such as...

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate
- A feeling that your bladder hasn't emptied properly
- Dribbling urine after you finish urinating
- Needing to urinate more often than usual, especially at night
- A sudden need to urinate – sometimes leaking urine before you get to a toilet



Your GP may also offer a PSA test. This is a blood test that measures the amount of prostate specific antigen (PSA) in your blood.