

Recognising prostate cancer

It's important to know the signs of prostate cancer so that any concerns can be quickly investigated. In this Q&A, we'll cover everything from recognising symptoms to understanding the risk factors for prostate cancer.

What are the symptoms of prostate cancer?

Most men with early prostate cancer don't have any signs or symptoms; that's why it's so important to attend check-ups. Changes in the way you urinate can be related to an enlarged prostate or another health problem, but it's still a good idea to get checked out.

Possible symptoms include:

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate
- Dribbling urine after you finish urinating
- Needing to urinate more often than usual, especially at night
- A sudden need to urinate – you may sometimes leak urine before you get to the toilet

If a tumour/prostate cancer spreads out of the prostate (locally advanced prostate cancer) or to other parts of the body (advanced prostate cancer), it can cause other symptoms, such as:

- Back, hip or pelvic pain
- Problems getting or keeping an erection
- Blood in the urine or semen
- Unexplained weight loss

What should someone do if they think they have prostate cancer?

If you are over 50 or worried about possible symptoms of prostate cancer, please speak to your GP or a private specialist who will be able to assess you, perform a physical examination, order a blood test, or carry out further examinations at the hospital if needed.





What are the risk factors for prostate cancer?

Prostate cancer is the most common cancer in men: **one in eight men** will be diagnosed with it in their lifetime.

It's not known what causes prostate cancer, but there are certain risk factors that increase the chance of being diagnosed with this type of cancer:



Age: Prostate cancer mainly affects men over the age of 50 and your risk increases as you get older. The most common age to be diagnosed with prostate cancer is between 70 and 74. If you're under 50, the risk of getting diagnosed with prostate cancer is low but still possible.



Family History: You're 2.5 times more likely to get prostate cancer if a close family member has had it. Studies show that you're also more at risk if your mother has had breast cancer (this is related to the BRACA gene default).



Ethnicity: If you are of black ethnicity (or with African or Caribbean roots) you're significantly more at risk of being diagnosed with prostate cancer (one in four, rather than one in eight). Studies show that there might be genetic reasons behind this.

While you can't change your age, ethnicity or family history, maintaining a healthy lifestyle through diet, exercise and emotional well-being can help to reduce the risk of getting diagnosed with any type of cancer.

What tests are there for prostate cancer?

If your GP or specialist has any concerns, they can refer you for:

- A digital rectal examination (DRE)
- A PSA blood test
- A biopsy of your prostate gland
- An MRI, CT, bone or PET scan

How can Reframe support someone if they are worried about prostate cancer?

If you're worried about prostate cancer, we'd always urge you to speak to your GP. Our Cancer Nurse Specialists use the most up-to-date clinical knowledge to support you. We're here to help by attending to your questions or concerns, advocating for you at appointments and guiding you through the next steps.