



PROSTATE AWARENESS

(Info Source: <https://uk.movember.com/mens-health/prostate-cancer>)

THE SYMPTOMS

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. These symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

GETTING TESTED

The purpose of testing is to detect prostate cancer at its earliest stages, before the disease progresses. There are two common tests for initial detection, and depending on the results of those tests you may be referred to a specialist for a biopsy.

- **The Digital Rectal Exam (DRE)**
The DRE involves the doctor inserting a gloved finger in the anus, where it is possible to feel part of the surface of the prostate.

PTO

Cont.

- **The PSA blood test (PSA)**

The PSA blood test looks for the presence of a protein in the blood that is produced specifically by prostate cells.

- **Biopsy**

Based on your test results you may be referred to a urologist to have a biopsy taken. This is the only way to determine if cancer is present

Our recommendation is to discuss your situation with your doctor to decide if testing is right for you. Together, you can choose the best course of action.

DIAGNOSIS

If you've been diagnosed with prostate cancer, take the time to learn about the various treatment options. Make an informed decision by seeking advice from your GP and take a look at the reputable sources—links found below.

USEFUL LINKS

NHS Choices—Prostate Cancer:

<http://www.nhs.uk/conditions/cancer-of-the-prostate/pages/introduction.aspx>

Prostate Cancer UK:

<http://prostatecanceruk.org/>

