Support and Resources

If you are diagnosed with prostate cancer, remember that you are not alone. There are many resources available to support you, including:

- **Healthcare Providers:** Seek advice from your GP or a urologist for screenings and treatment options.
- **Support Groups:** Connect with others who have experienced prostate cancer for emotional support and practical advice.
- **Online Resources:** Utilise websites like the Prostate Cancer UK and Cancer Research UK for additional information and support.

Take Action Today

Being informed and proactive is your best defense against prostate cancer. Schedule regular screenings and check-ups with your GP, maintain a healthy lifestyle, and educate yourself and share this information with others to promote awareness.

For more information or to schedule a screening, contact your GP or visit:

Prostate Cancer www.prostatecanceruk.org

Cancer Research UK
https://www.cancerresearchuk.org

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Prostate Cancer: A Comprehensive Guide to Symptoms, Prevention, and Screening



Understanding Prostate Cancer

Prostate cancer originates in the prostate gland, a small gland that produces seminal fluid in men. While it is one of the most common types of cancer in men, the good news is that early detection can lead to successful treatment outcomes. Understanding the disease, its progression, and the factors that influence its development is crucial for effective management and care.

Symptoms to Watch For

Recognising the symptoms of prostate cancer early can significantly improve treatment success. It is crucial to be aware of the following symptoms and seek medical advice if you notice any of them:

- **Frequent Urination:** Increased need to urinate, especially at night
- **Difficulty Urinating:** Trouble starting or stopping the flow of urine.
- **Weak or Interrupted Urine Stream:** Changes in the strength or flow of urine.
- **Pain or Burning Sensation:** Discomfort during urination or ejaculation.
- **Blood in Urine or Semen:** Any presence of blood should be evaluated by a healthcare professional immediately.
- **Erectile Dysfunction:** Difficulty achieving or maintaining an erection.

While these symptoms may also indicate non-cancerous conditions like benign prostatic hyperplasia (BPH), it’s essential to consult a clinician for accurate diagnosis and treatment.

Prevention: What You Can Do

While there is no guaranteed way to prevent prostate cancer, certain lifestyle choices can lower your risk:

- **Healthy Diet:** Eat a diet rish in fruits, vegetables and whole grains, while reducing red and processed meat consumption.
- **Regular Exercise:** Engage in at least 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise each week.
- **Maintain a Healthy Weight:** Obesity is linked to a higher risk of various cancers, including prostate cancer.
- **Limit Alcohol and Avoid Smoking:** Both habits increase the risk of cancer.
- **Know Your Family History:** Understanding your family's medical history can help you and your doctor assess your risk.

Screening: Early Detection Saves Lives

Early detection through screening is vital for effective treatment of prostate cancer. The following screening methods are recommended:

- **Prostate-Specific Antigen (PSA) Test:** This blood test measures the level of PSA, with higher levels potentially indicating prostate cancer or other prostate issues.
- **Digital Rectal Exam (DRE):** A healthcare provider manually examines the prostate for any abnormalities in size, shape, or texture.
- **Screening Recommendations:** Men should generally begin discussions about screening with their healthcare provider around age 50. Men at higher risk, such as those with a family history or of African descent, should consider starting earlier.

When to see a Doctor

If you experience any of the symptoms listed above or have concerns about your prostate health, it is important to consult a doctor. Regular check-ups and screenings are recommended for men over 50, or younger for those at higher risk.