



EASY
READ

'Men'

know about your

prostate

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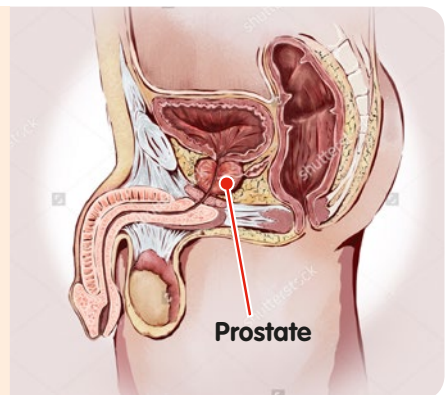
Where is my prostate gland?



Only men have a prostate. Your prostate is a gland inside your body. You cannot feel it.



It lies below the bladder and surrounds the tube that carries urine (pee) and semen out through the penis.



It is about the size of a walnut. This size!



A lot of men have problems with their prostate as they get older



Sometimes the problem with doing a pee can be due to other things, for example infection, diabetes or even worry!



BUT: Always get checked by your doctor, you are **NOT** wasting their time.



Remember most men who have an enlarged (big) prostate **DO NOT** have prostate cancer.



Signs your prostate may be enlarged



You need to pee more often, especially at night.



You suddenly feel you need to pee and cannot hold on.



You have difficulty starting to pee and may need to force it out.



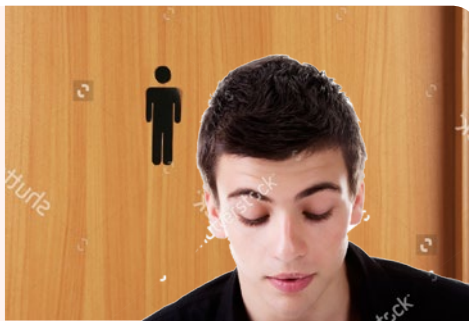
The speed of your pee is slow and weak and you start and stop.



Signs your prostate may be enlarged?



Your bladder still feels full after you have had a pee and you feel like you could do more.



You have pain or burning when you pee.



It hurts when you have an erection or sex.



You notice blood in your pee.



What tests may the doctor do to check my prostate?



There is no one single test for prostate cancer. Your doctor is the best person to help you decide what tests or treatment you should have.

Your doctor may ask you to give some pee in a bottle to be tested.



Your doctor may do a blood test.



Your doctor may feel your prostate by putting a finger up your bottom. This will not be sore.



What is prostate cancer?



Prostate cancer is the most common cancer in men.



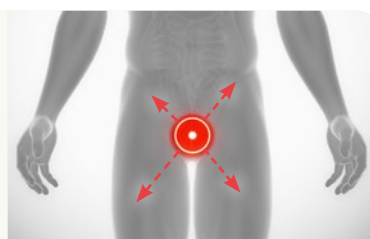
In some men, prostate cancer grows quickly and needs early treatment.



In some men, prostate cancer grows slowly and may not cause problems for a long time.



If not treated the cancer can spread to other parts of the body.



So it is very important to get checked. Your carer can help you make an appointment to see the doctor.



You are more at risk of getting prostate cancer if:



You are older, it is rare in men under 50 but can happen.



Your father or brother had prostate cancer.



You have several men in your family who had prostate cancer.



Your Mother or sister has had breast cancer.



Your skin is black or you are African / Caribbean.



What other tests or treatment may the doctor advise if I have prostate cancer?



Blood tests.



**Regular check ups
(Active Surveillance).**



**Hormone therapy
(Tablets or injections).**



Radiotherapy.



Surgery – operation.



Chemotherapy.



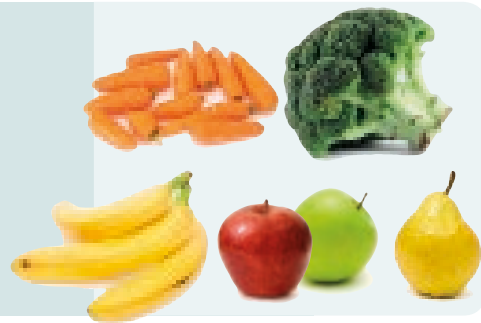
What foods are good for my health?



Have 6-8 drinks per day that have water in them but not too much tea or coffee.



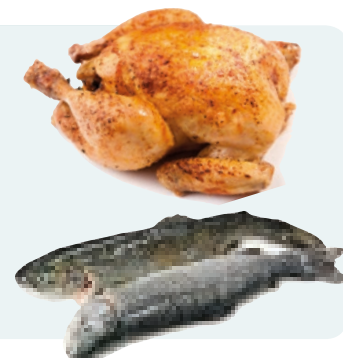
Lots of vegetables and lots of fruit.



Fibre. This can be found in wholegrain and brown bread, brown rice, brown pasta and porridge.



Meat such as chicken and fish.



What foods are not good for my health?



Processed meats such as bacon, ham, salami, sausages and burgers.



Fried foods and crisps.



Sweet foods.



Fizzy drinks and alcohol.



Exercise is very important



Try to exercise for 30 mins per day, you can break this up into 10 minute slots.



Exercise helps you to feel happy.



You could try dancing.



Walking.



Swimming.



A healthy lifestyle is very important



Stop smoking as this is the biggest cause of all cancers.



Get enough rest and sleep.



Relax and enjoy life.



Take time to have fun and see your friends.



Tick if you have any of these problems



You may find it helps to show this list to your doctor (your carer can help you with this).

	✓ YES	✗ NO
I am going for a pee more than usual, especially at night		
I have to rush to the toilet and sometimes I leak		
My pee is coming out very slowly and I start and stop		
I find it hard to pee and have to force it out		
After peeing I feel like I need to go again		
It hurts when I go for a pee		
It hurts when I have an erection		
I have blood in my pee		
I have lost a lot of weight without trying		
I feel very tired for no reason		
I have a family history of prostate cancer (brother, father etc)?		
Have you had an Annual Health Check with your GP and nurse?		

Where to get more information about my health



5 Ways to Wellbeing.



Smoking Cessation.



Be Cancer Aware – PHA.



Annual Health Check.





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