

**Tackle Z-Fold Leaflet  
(folds to credit card size)**

Registered Charity No. 1163752  
prostate cancer  
**tackle**

Our Helpline is run by patients for patients and their families

✉ [helpline@tackleprostate.org](mailto:helpline@tackleprostate.org)  
☎ 0800 035 5302

**PROSTATE CANCER  
FREE NATIONAL  
HELPLINE**

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**PROSTATE  
CANCER  
AM I AT  
RISK  
?**

**Prostate Cancer Risk Factors**

Do you have a family history of prostate cancer or breast cancer?

Are you over 50?

Are you African Caribbean?

**In the UK**

- 1 man dies every 45 minutes from prostate cancer
- 1 in 8 men will get prostate cancer in their lifetime
- 1 in 4 African Caribbean men will get prostate cancer

If you answered **YES** to ANY of these questions, you are at **higher risk** of developing **prostate cancer**

**Are you at risk?**

**What are the symptoms of Prostate Cancer?**

- Needing to pee more frequently
- Having to pee more than once a night
- A feeling of urgency when you need to pee
- Leaking before or after peeing
- Weak flow or feeling of hesitation when trying to pee
- Still wanting to pee when you've just gone
- Unexplained back pain
- Inability to get or maintain an erection

These symptoms may be caused by other problems. They do not necessarily mean you have prostate cancer.

**What should I do?**

If you spot any of these symptoms, talk to your GP and ask about your options for diagnosis.

Prostate cancer often develops quietly over a number of years and may have no symptoms. But sometimes it develops **quickly** and **spreads**.

This can cause **serious problems** and needs to be tackled at once with treatment.

**Early diagnosis and treatment of prostate cancer can dramatically affect the outcome.**

**tackle**  
prostate cancer

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**I don't have any of the symptoms but I answered YES to the Risk Factors overleaf. What should I do?**

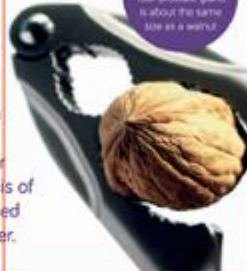
It is recommended that you talk to your GP, explain that you are at higher risk of prostate cancer and request a PSA test. This measures the level of prostate specific antigen (PSA) in your blood.

**All men over 50 in the UK are entitled to a FREE PSA test.**

**About Tackle Prostate Cancer**

Tackle Prostate Cancer acts as the patient voice for over **90 prostate cancer support groups** in the UK. Over **11,500 men** die from prostate cancer every year. We campaign for early and improved diagnosis of prostate cancer and increased awareness of prostate cancer.

**WHY THE WALNUT?**  
Your prostate gland is about the same size as a walnut



**Understanding the PSA Test**

At the moment, the PSA test is the best way to find out whether a man might have prostate cancer. **The earlier it is detected, the better the chance of curing it.** But there are some important points about the PSA test, prostate cancer and its diagnosis that you should understand:

- The PSA test is not a test of prostate cancer – it tests for abnormalities of the prostate gland, one of which may be cancer. About 75% of men with a PSA level higher than normal don't have prostate cancer, whilst about 20% of men with a normal PSA level do have prostate cancer.
- Where the PSA level is higher than normal, other factors need to be considered to help with the diagnosis including family cancer history, ethnicity, prostate size and PSA level history.

**GET A SCORE ON THE BOARD**  
you'd be nuts not to!

[www.tackleprostate.org](http://www.tackleprostate.org)