



## HEALTH INFORMATION

# Prostate Cancer

## What is Prostate Cancer?

The prostate is a gland that lies underneath the bladder surrounding the tube that men pass urine and semen through.

If you have a problem with your prostate your urinary habits may change because your prostate surrounds the tube that urine is passed through. Problems with passing urine is not always to do with the prostate and can be linked to other health problems. You should consult your GP if you are concerned.

## Symptoms

- Frequency/urgency/difficultytourinate
- Feeling that your bladder has not emptied properly
- Weak flow or straining to pass urine
- Dribbling urine
- Lower back pain
- Pain in hips or pelvis
- Pain when passing urine or ejaculating
- Blood in urine or semen

## How is Prostate diagnosed?

The tests that your GP can do to help diagnose prostate problems are:

- A urine test to rule out infection
- A prostatespecificantigen (PSA) bloodtest
- Adigitalrectalexamination (DRE)

Before you decide whether or not to have these tests, your GP should talk to you about the advantages and disadvantages. Your GP will refer you to a urology clinic if your symptoms or test results suggest that further investigation is needed.

## The three most common prostate problems are:

- An enlarged prostate - this is the most common problem that affects many men from the age of about 50. Having an enlarged prostate does not put you at greater risk of getting prostate cancer. An enlarged prostate usually develops slowly and your symptoms may not get any worse.
- Aninflammationorinfectionoftheprostate(prostatitis) – there are different types of prostatitis, which can be treated in different ways such as antibiotics or alpha-blockers.
- Prostate cancer – the most common cancer in men in the UK. Prostate cancer often grows slowly and affects older men. The risk of prostate cancer increases with age and family history.

## For more information

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



**Confidential Helpline**  
**0800 074 8383**

Monday - Friday  
10am - 4pm  
Wednesday  
7pm - 9pm

[www.medigold-health.com](http://www.medigold-health.com)

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