

**Key information:**

- The prostate is a small gland about the size and shape of a walnut.
- It lies below the bladder and surrounds the upper part of the urethra (tube that carries urine).
- Prostate cancer is the most common cancer in men.
- For some, prostate cancer grows very slowly and may not cause any problems. It may be monitored rather than treated right away.
- For others, the cancer grows more quickly and eventually some cells may break away and start tumours in other parts of the body.

What affects your risk?

- Age: The older you are, the greater the risk. Only 1 in 100 cases of prostate cancer are in men under 50.
- Ethnicity: Prostate cancer is more common in black men than white men and least common in Asian men.
- Prostate cancer family history: If a close relative (such as father or brother) had prostate cancer, particularly at a young age, the risk is higher.
- Breast cancer family history: If your mother had breast cancer, your risk of prostate cancer may be higher.
- Previous cancer: The risk may be higher if you have had some types of cancer before.
- Weight: The risk of advanced prostate cancer may be higher if you are overweight or obese.

What should I look out for?

- Having to rush to the toilet to pee (pass urine)
- Needing to pee more often than usual, especially at night.
- Difficulty peeing
- A sense of not being able to completely empty the bladder.
- Difficulty getting an erection or erection problems.
- Another warning sign might be having blood in your pee.
- These symptoms are more often caused by problems that are much less serious than cancer. But if you develop any of them, or any other changes to your body that are unusual or don't go away, it is best to see your doctor to get them checked out.



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