

My prostate

What changes should I look out for?

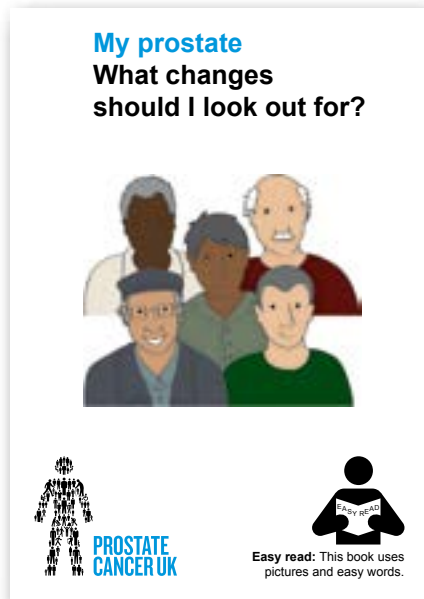


**PROSTATE
CANCER UK**



Easy read: This book uses
pictures and easy words.

About this book



This book uses easy words and pictures.

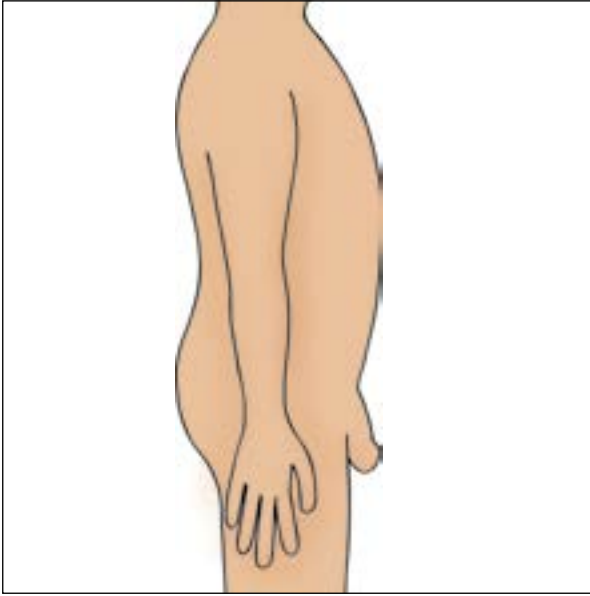
The sections are called:

- What is the prostate?..... page 3
- Problems to look out for..... page 5
- Less common problems page 8
- Going to the doctor..... page 11
- What might be causing your problems?..... page 16
- Need more information?... page 17
- About us..... page 19

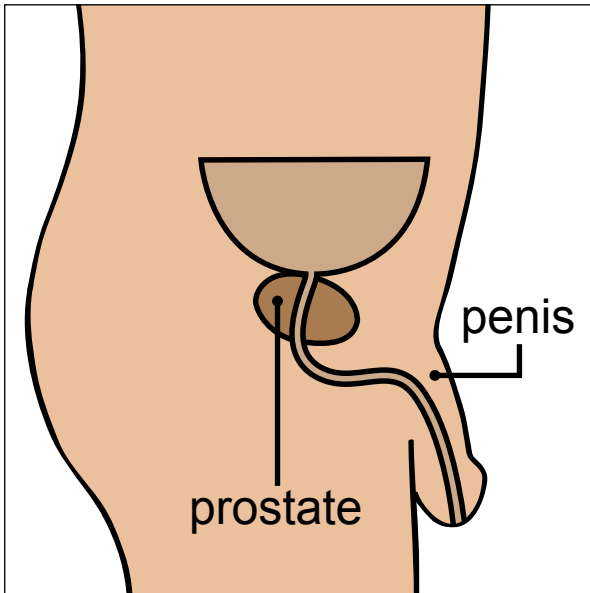


You may like to have someone read this book with you.

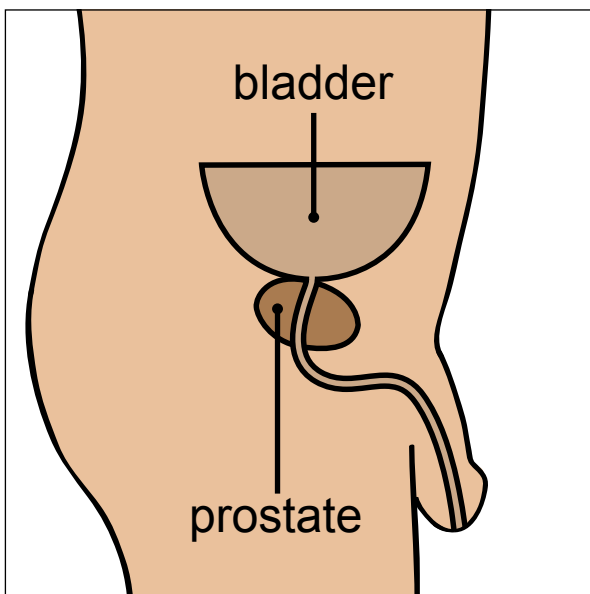
What is the prostate?



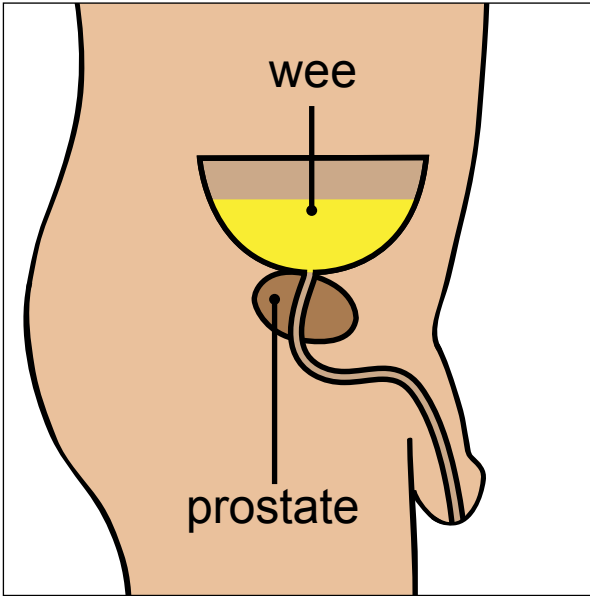
If you were born with a penis you have a prostate.



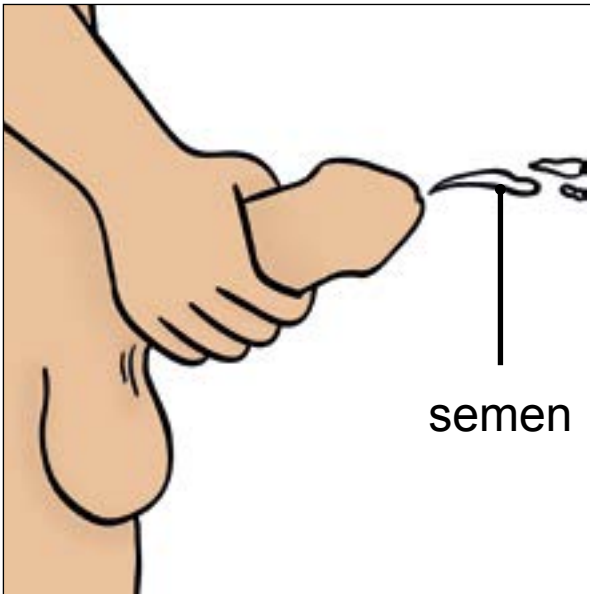
Your prostate is inside your body.



Your prostate is near your bladder.



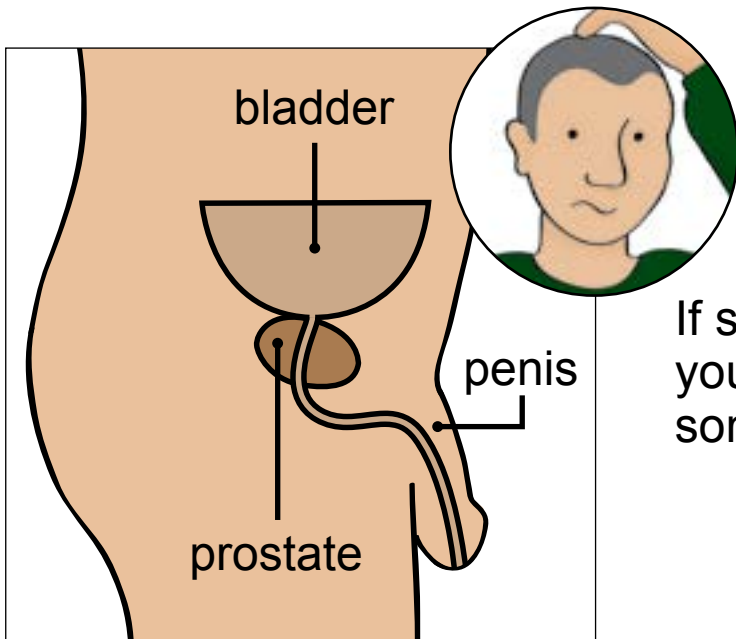
Your bladder stores your wee.



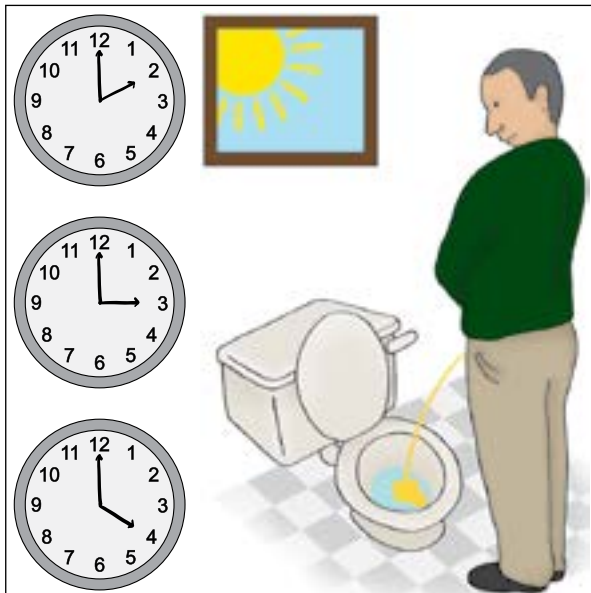
Your prostate helps make semen.

This is the liquid that comes out of your penis if you have sex or masturbate.

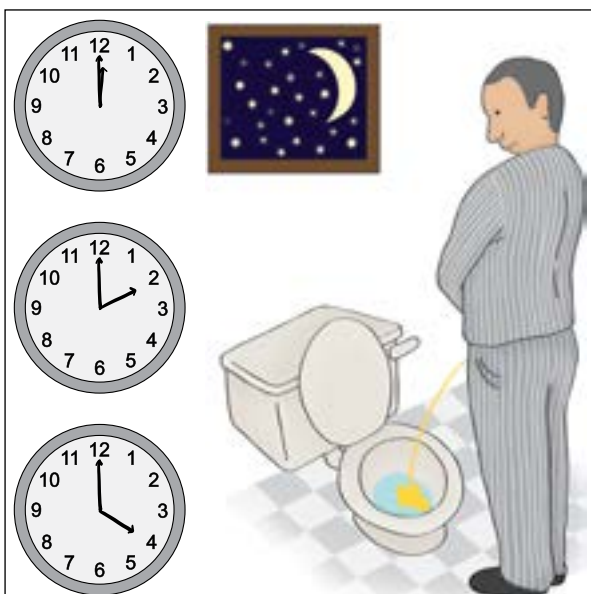
Problems to look out for



If something goes wrong in your prostate, you might get some problems.



You might go for a wee more times than usual in the day.



You might wake to go for a wee more times than usual at night.



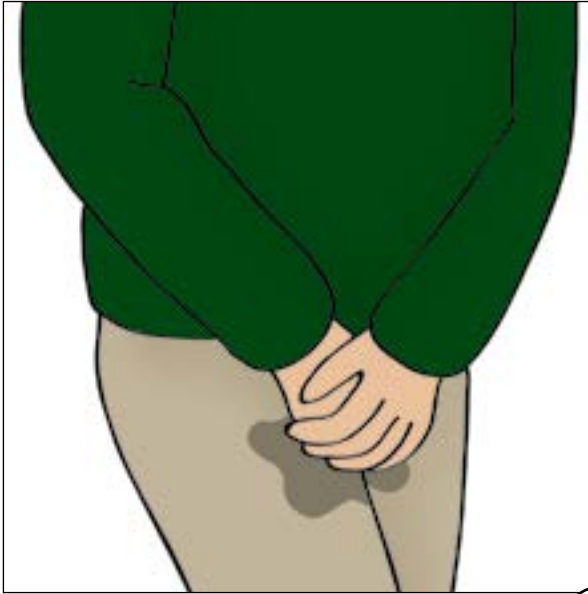
Your wee might drip or come out in a dribble.



You might find it hard to wee and have to force the wee out.



You might need to wee suddenly and have to rush to the toilet.



Sometimes you might leak a little wee before you get to a toilet.



Even after going for a wee, you might still feel like you need to wee again.

Less common problems



It might hurt when you wee.

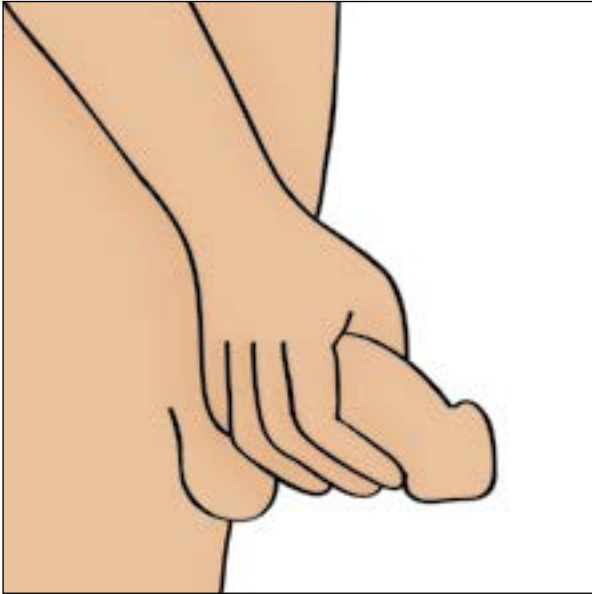


It might hurt if you have sex or masturbate.



You might have blood in your wee.

Your wee might be bright red, pink or brown.



Your penis might not get hard if you want to have sex or masturbate.



You might get pain in your back, hip, or lower tummy.



You might lose weight and you do not know why.

Do you have any of these problems?

Yes
✓ No
✗

I am going for a wee more times than usual in the day.

I wake to go for a wee more times than usual at night.

My wee drips or comes out in a dribble.

I find it hard to wee and have to force it out.

I have to rush to the toilet.

I leak a little wee.

After weeing, I still feel like I need to wee.

It hurts when I wee.

It hurts if I have sex or masturbate.

My wee is red, pink or brown.

My penis does not get hard if I want to have sex.

My penis does not get hard if I masturbate.

I have pain in my back, hip or lower tummy.

I have lost weight and I do not know why.

Going to the doctor



If you have any of these problems then you need to tell your doctor.



You can show this book to your doctor.



You can ask to see a male or female doctor.



You can take someone with you to the doctor.

You could take a friend, family member or carer.

This could be a woman.

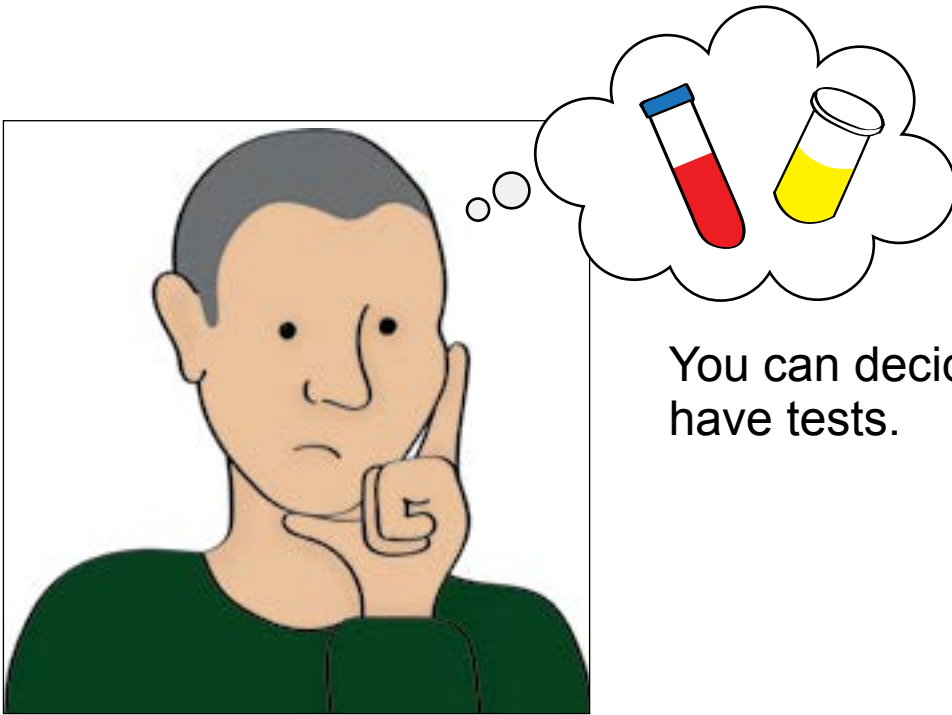


Or you could take a man with you.



Your doctor might ask you to have tests.

This can help them find out what is causing your problems.



You can decide if you want to have tests.



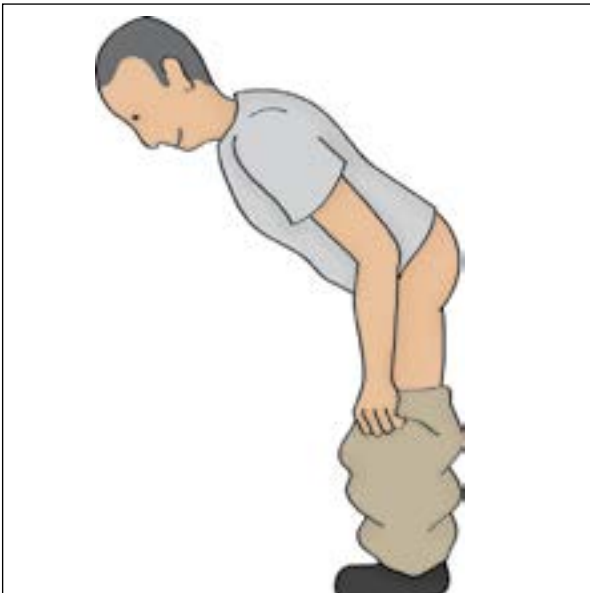
If you are not sure, talk to a friend, family member or carer.



Your doctor may ask you for some of your wee in a bottle.



Your doctor may ask you to have a blood test.



Your doctor may ask to feel your prostate.

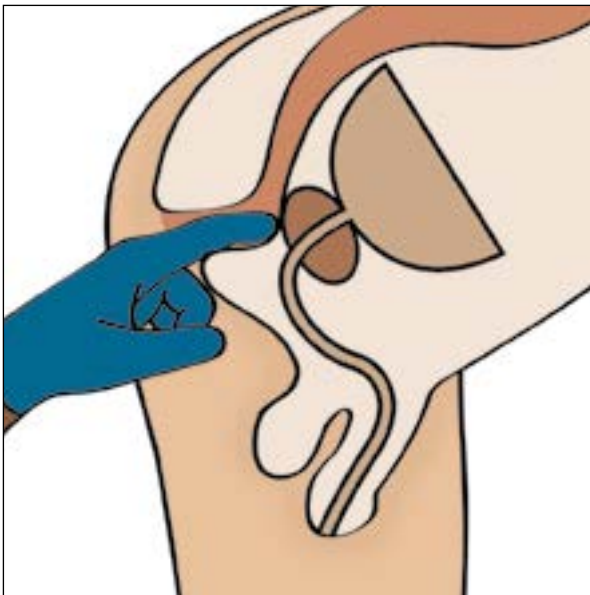
You will need to take off your trousers and underwear.



You will need to lie on your side.



You may feel embarrassed.



Your doctor will feel your prostate by putting a finger up your bottom.

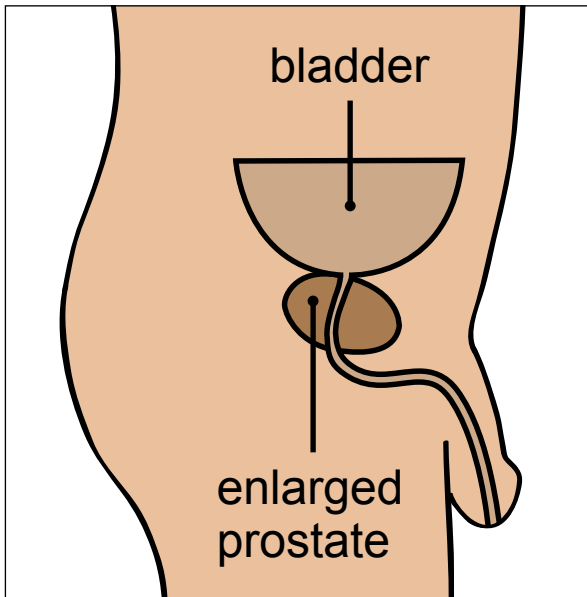
It does not usually hurt.



Someone can stay with you or they can wait outside.

You could have a friend, family member or carer.

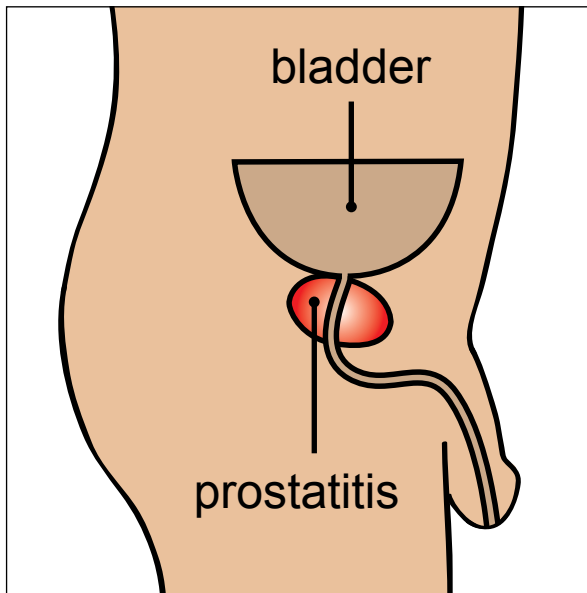
What might be causing your problems?



An enlarged prostate

As you get older your prostate can grow bigger.

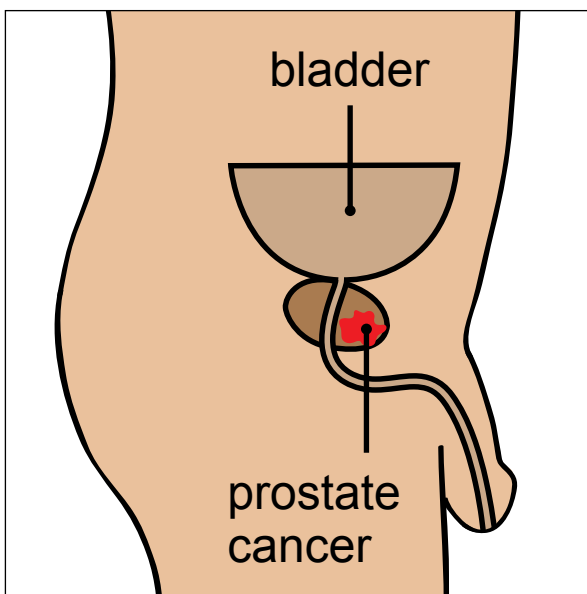
A lot of men aged over 50 get this.



Prostatitis

This is an inflammation or infection in your prostate.

Men of any age can get this.



Prostate cancer

A lump starts to grow in the prostate.

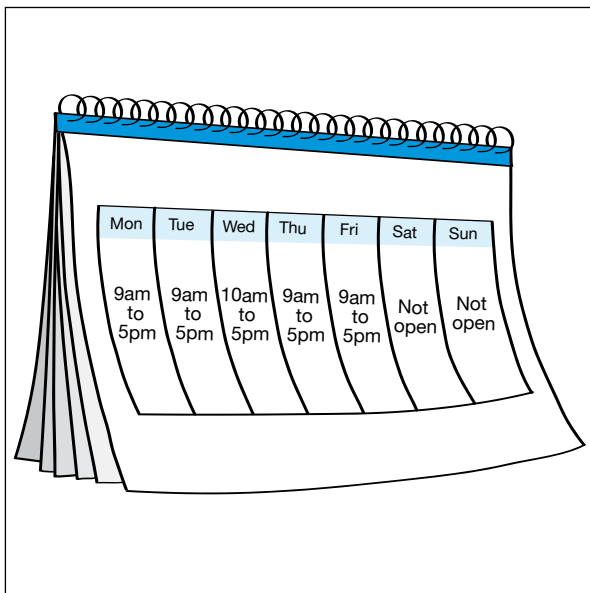
This is more common if you are aged over 50.

Need more information?



Speak to a nurse from Prostate Cancer UK – call 0800 074 8383.

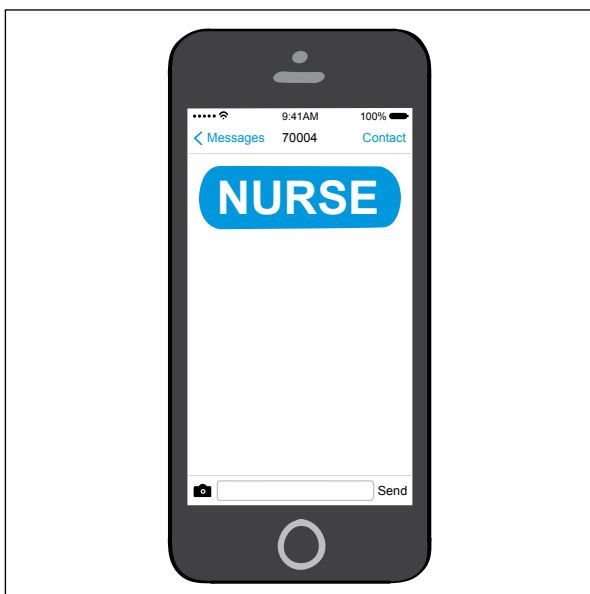
Our nurses won't tell anyone about what you've talked about, unless they are very worried about your safety or the safety of someone else.



Call our nurses from Monday to Friday 9am - 5pm, Wednesday 10am - 5pm

Calls are recorded to help train our staff.

It is free to call.



TEXT the word NURSE to 70004 and a nurse from Prostate Cancer UK will call you back.

Prostate Cancer UK will not ask you to pay for this text. But your phone company may ask you to pay.



You can ask a family member or your carer to help you make this call or text.



Visit our website at
www.prostatecanceruk.org

About us

Prostate Cancer UK works to help more men survive prostate cancer and enjoy a better life.

This booklet was created by:
our Health Information team

These experts who work with people with a learning disability helped us to create this booklet:

- Lindsey Allen, Learning Disability and Autism Manager, British Institute of Learning Disabilities (BILD) and their advisory group of people with lived experience
- Kath Ingram, Health Improvement Project Lead, Community Learning Disabilities Team, Livewell Southwest and men who use this programme
- Helen Cairns, Manager, Certitude, Learning Disability and mental health support in London and users of their service
- Sharon Rodrigues, ALD Patient Information Lead, Adult Learning Disability Service, Oxleas NHS Foundation Trust.

Tell us what you think

Email us at: yourfeedback@prostatecanceruk.org



Patient Information Forum

f Like us on Facebook: Prostate Cancer UK

t Follow us on Twitter: @ProstateUK

© Prostate Cancer UK last updated this book in March 2022.
We will update it again in March 2025.

Prostate Cancer UK is a registered charity in England and Wales (1005541)
and in Scotland (SC039332). Registered company number 02653887.

