

Prostate Cancer

What you should know

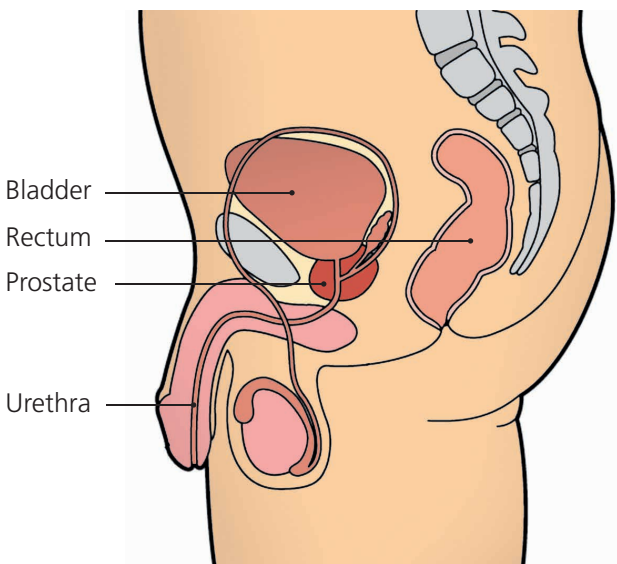


**Irish
Cancer
Society**

What is prostate cancer?

Prostate cancer happens when the normal cells in the prostate gland grow in an abnormal way to form a mass of cells called a tumour. These cancer cells can affect how the prostate works.

The prostate is a small gland that lies below the bladder. The tube that carries urine through your penis (the urethra) runs through the prostate gland.



What increases my risk of prostate cancer?



Age: As men grow older, the risk of prostate cancer increases. Prostate cancer mainly affects men over the age of 60.



Family history: If a close relative (father or brother) has had prostate cancer you are thought to be 2 times more likely to get this cancer. The risk is higher again if your relative had prostate cancer at a young age or if you have more than one relative from the same side of the family with prostate cancer.



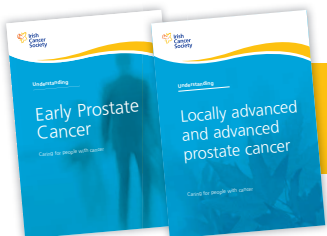
Ethnic group: Men of African-Caribbean descent are more likely to develop prostate cancer and are more likely to die from it than white (Caucasian) men.

Risk factors increase your chance of getting prostate cancer. Having a risk factor doesn't mean you will get prostate cancer. Sometimes people with no risk factors may get the disease.

Can I be screened for prostate cancer?

Testing for prostate cancer when you have no symptoms is called screening. There is no prostate cancer screening programme in Ireland at present.

If you are worried or feel you may be at risk, talk to your GP.



If you are diagnosed with prostate cancer, our booklets have more information.



What are the symptoms of prostate cancer?

Many men with early prostate cancer have no symptoms at all. Others may have:

- Difficulty passing urine
- Passing urine more often than usual, especially at night
- Stopping and starting while passing urine
- Bladder feels as though it is not completely empty after passing urine
- Pain or discomfort when passing urine.

Less common symptoms:

- Pain in your lower back, hips or upper thighs
- Trouble having or keeping an erection
- Blood in the urine.




These symptoms can be caused by other things, but always get them checked out.

What should I do if I have any symptoms?

If you have any symptoms or changes in your body that you are worried about, it's important to have them checked by your GP (family doctor). The chances are it will not be cancer. Getting your symptoms checked is not wasting anyone's time. The sooner cancer is spotted, the more likely you are to recover from it.

How is prostate cancer diagnosed?

If your doctor thinks your symptoms need to be investigated, you will have more tests. Tests that can help to diagnose prostate cancer include:

-  **A digital rectal examination (DRE):** A doctor will feel your prostate gland by putting a gloved finger into your rectum (back passage). He or she will feel if the prostate gland is enlarged or abnormal.
-  **PSA blood test:** This test measures the level of a substance called PSA (prostate specific antigen) in the blood. A raised PSA level can be caused by cancer but it can be raised for other reasons, so you may also need a biopsy. This will show if it is cancer or not.
-  **Biopsy:** The specialist will take tissue samples from your prostate and examine them under a microscope.

How can I reduce my risk of prostate cancer?



Be a healthy weight: There is evidence that being overweight or obese can increase the risk of having aggressive prostate cancer, or prostate cancer that has spread (metastatic or advanced prostate cancer).



Eat a healthy diet: A healthy diet can help you to keep a healthy weight. Including foods high in lycopene (found mainly in tomatoes and tomato purees and sauces) and selenium (in vegetables, fish, shellfish, grains, eggs, Brewer's yeast and wheat germ) may also protect against prostate cancer.



Be physically active: There is some evidence that being physically active can reduce the risk of prostate cancer.

See the end of this leaflet for tips on how to reduce your risk of cancer in general.



12 ways to reduce your cancer risk



Do not smoke



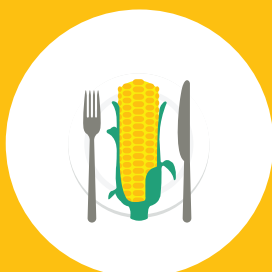
Avoid second-hand smoke



Be a healthy weight



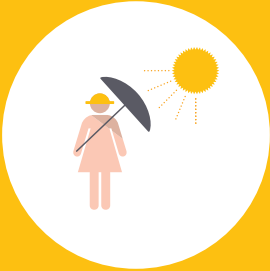
Be physically active in everyday life



Have a healthy diet



Avoid alcohol



Avoid too much sun



Avoid pollutants



**Get screened for
cancer**



**Breastfeed your baby /
Limit HRT**



**Get vaccinations -
Hepatitis B for
babies / HPV for girls**



**Find out if you are
exposed to radon
gas in your area**

Some facts about prostate cancer



Prostate cancer is a common cancer, but most men do not die from it



If discovered early, prostate cancer can usually be treated successfully



If prostate cancer is slow-growing, you may not need treatment. The cancer will be closely monitored



How common is prostate cancer?

In Ireland, prostate cancer is the second most common cancer, after skin cancer. Each year over 3,400 men are diagnosed with prostate cancer here. This means that 1 in 7 men will be diagnosed with prostate cancer during their lifetime.

For more information...

If you are worried or have questions about prostate cancer or any cancer...



Call our Cancer Nurseline
Freephone 1800 200 700



or email cancernurseline@irishcancer.ie
for confidential advice, support and information.

Visit our Daffodil Centres where our nurses can give you advice about healthy lifestyles and reducing your risk of cancer. To find out where your local Daffodil Centre is, email daffodilcentreinfo@irishcancer.ie

Visit our website www.cancer.ie for more information on prostate cancer and ways to reduce your risk of cancer.

Want to stop smoking?

Quitting smoking is one of the best things you can do to reduce your risk of cancer.

If you would like advice or support on quitting, call the HSE Quit Team on CallSave **1800 201 203**, Freetext **QUIT** to **50100** or visit www.quit.ie



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