

PCaSO Prostate Cancer Support Organisation is your support organisation in the Dorset, Hampshire and Sussex areas. It is a charity managed entirely by volunteers, many of whom are prostate cancer patients. PCaSO's services are available to all who may be concerned about or affected by prostate cancer - patients, families, partners, friends.



Registered Charity
No. 1095439

Medical Advisors:

Mr Christopher Eden MS FRCS (Urol.)
(Royal Surrey County Hospital, Guildford)

Dr Chris Parker, BA, MD, MRCP, FRCR
(Royal Marsden Hospital, Sutton)

Dr Angus Robinson, MBBS, MRCP,
FRCR (Oncology)
(Royal Sussex County Hospital, Brighton)

Patrons:

The Duke of Richmond & Gordon
The Very Rev. Nicholas Frayling
Lord Palumbo of Walbrook
Bill Beaumont, OBE

Founder:

David Rowlands

**PCaSO provides
free and confidential
HELP - SUPPORT - INFORMATION**

**Regular meetings are held in
Dorset - Hampshire - Sussex**

Quarterly Newsletters

Ask for a copy of our free comprehensive
Information Booklet

CALL OUR HELP LINE

0800 035 5302

Monday to Friday: 10am to 7pm

Website: www.pcaso.org
Email: info@pcaso.org

Postal address:

PCaSO Prostate Cancer Support Organisation
PO Box 66, Emsworth,
Hants, PO10 7ZP

Local area contact:

PICK ME UP

WHAT EVERY WOMAN
SHOULD KNOW ABOUT
HER MAN

KNOWLEDGE



**Prostate Cancer
Support Organisation**

Help line:
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www.pcaso.org

Registered Charity No. 1170536

Do you know a man who is over 50? Whether he's your husband, father or friend, you could save his life by knowing more about prostate cancer.

What is the prostate?

The prostate is a gland found only in men. It lies at the base of the bladder. The prostate's function is to produce fluid that carries sperm. As men age, the prostate naturally enlarges and can squeeze the urethra – the tube carrying urine to the penis – causing problems urinating.

Age Groups at Risk

Many people wrongly believe prostate cancer only affects older men

BUT

younger men can get this cancer as well. Men in their 40s, 50s and 60s are being diagnosed with this disease.

Symptoms of prostate problems

Urinary Symptoms

- frequent need to pee, especially at night
- a feeling of not emptying fully at the end of a pee
- bursting to pee, slow flow, difficult, painful
- straining to pee or taking a long time to start
- pain or a burning sensation on peeing
- blood in urine

Other Symptoms

- Aches or pains in the lower back or upper thighs, pelvic area
- Difficulty getting and/or keeping an erection

Regular checks for prostate health

Most prostate problems are not cancer. But if cancer is discovered, it responds well to treatment provided it is contained within the prostate gland. For this reason it is important that you and your man become more aware of the symptoms and consider regular yearly checks of the PSA level in the blood.

Early stage prostate cancer does not generally have any symptoms. But if you think your man could be at risk, by having a family history of prostate or breast cancer (which doubles the risk) or have any of the symptoms listed, it is VITAL that he consult his doctor immediately.

Tests for prostate problems

A GP may arrange for a small blood sample to be taken. It is tested to measure the amount of Prostate Specific Antigen (PSA) which is produced in the prostate gland. An abnormal PSA will be followed up by other tests, possibly undertaken at your local hospital. Every man over 50 is entitled to the test after careful consideration of its implications.

Only one man in three with a high PSA will have prostate cancer, but his chances are greatly improved by early diagnosis and treatment.

Persuading him to get checked

Your man may be reluctant to book an appointment with his doctor in order to get his symptoms checked. You will probably know the best way to convince him, but here are a few ideas which may prove useful –

- Do it for me / us / the family – **YOUR GRANDCHILDREN NEED YOU.**
- Compare prostate checks to breast checks. His yearly prostate check can be as useful as your breast check-ups.
- Use other people's experience of successful outcomes after visiting a doctor as an example.
- Leave some prostate information leaflets lying around the house where he is likely to pick them up.
- If all else fails, book a double appointment and tell him he's going with you.

Early detection and early treatment could help to save your man's life.

**Help your man to take the plunge.
Book an appointment at your
GP Surgery or local health centre.**