



Prostate
Cancer
Research

pcr.org.uk



Talking Points Toolkit

1 in 8 men will be diagnosed with prostate cancer and for Black men this rises to 1 in 4.

Prostate cancer is the most common cancer among men in the UK with over 55,000 men diagnosed with prostate cancer every year.

Over 12,000 men die from prostate cancer each year. That is one life lost every 40 minutes.

But it doesn't have to be this way. Caught early, prostate cancer is almost always treatable. Yet, the UK still has no routine screening programme for prostate cancer.

The charity, Prostate Cancer Research, funds innovative research, empowers patients with trusted information, and advocates for change that will save men's lives. Campaigning for a national screening programme is a critical part of our work.

Facts about your prostate

What is a prostate

The prostate is a small gland, about the size of a walnut. It is only found in males. It sits just below the bladder. It makes fluid that forms part of semen.

What are the risk factors of prostate cancer?

Age. The risk of getting prostate cancer increases as you get older. Most cases are diagnosed in men over 50.

Lifestyle factors. There is some evidence that obesity and diet have an effect on your risk of getting prostate cancer.

Ethnicity. Black men over the age of 45 have an increased risk of getting prostate cancer.

Family history. You are more likely to get prostate cancer if:

- Your father or brother has had it. Especially if they were under 60.
- You have a close relative with breast cancer.

What are the symptoms of prostate cancer?

Symptoms can include: problems starting to pee, pain when peeing, peeing a lot especially at night, starting and stopping peeing, dribbling pee, feeling like your bladder has not emptied properly, blood in pee or blood in semen.

It is important to note that prostate cancer does not always have symptoms

What to do if you have symptoms or are concerned about your risk

Visit your GP. Your GP may offer you a PSA test, which is a simple blood test. This measures the amount of PSA in your blood. The test only takes a few minutes and can be done at your GP surgery.

Visit pcr.org.uk
to find out more