

**Ovarian Cancer and Prostate Cancer Awareness Month**

**Ovarian Cancer Awareness**

Around 7,500 women are diagnosed with ovarian cancer each year in the UK. Knowledge of the symptoms is low but if diagnosed at the earliest stage, 9 in 10 women will survive for at least 5 years. But two thirds of women are diagnosed late, when the cancer is much harder to treat.

If you are experiencing any of the following symptoms regularly, and they are not normal for you, it is important that you see your GP:

* Persistent bloating – not bloating that comes and goes
* Feeling full quickly and/or loss of appetite
* Pelvic or abdominal pain (that’s your tummy and below)
* Urinary symptoms (needing to wee more urgently or more often than usual)

It is unlikely that your symptoms are caused by a serious problem, but it is very important to get checked out.

**Prostate Cancer Awareness**

Prostate cancer is the most common cancer in men and it is thought that here in the UK around 50,000 are diagnosed with this disease each year. The 10 year survival rate is almost 80%.

Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra).

When this happens, you may notice things like:

* an increased need to pee
* straining while you pee
* a feeling that your bladder has not fully emptied

These symptoms should not be ignored, and it is important you see you GP, but they do not mean you have prostate cancer. It's more likely they're caused by something else, such as [prostate enlargement](https://www.nhs.uk/conditions/prostate-enlargement/).

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridge.cottage@gmail.com