



Prostate Cancer – know the facts

Prostate cancer is the most common cancer in men. In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.

Awareness of risk and early detection is vital.

Symptoms may include:

- A need to urinate frequently (especially at night)
- Difficulty starting urination or holding back urine
- Painful urination
- Blood in urine

Risk factors:

- Age – your risk increases with age. The average age to be diagnosed is between 65-69 years.
- Family history –you are 2.5 times more likely to get prostate cancer if your father or brother has had it, compared to a man who has no relatives with prostate cancer.
- Black men – black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 black men will get prostate cancer in their lives.

If you are worried about your risk, or are experiencing symptoms, go and see your GP. Do not delay!

This information has been taken from www.prostatecanceruk.org

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