

Understanding prostate cancer, and your risk





Prostate cancer and me...







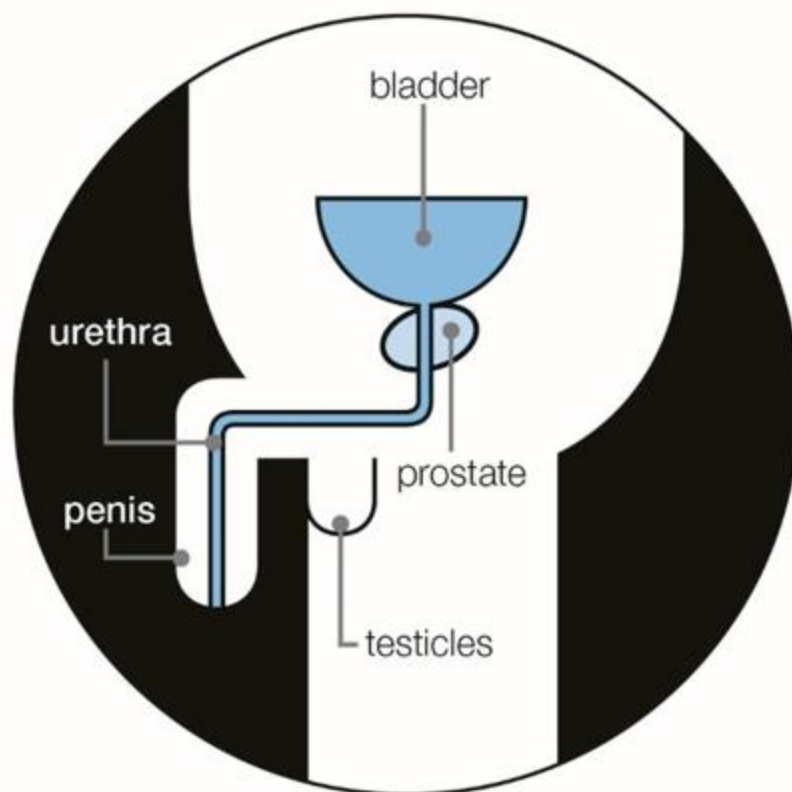
What is a prostate?



What?

- A small, walnut sized, gland
- Makes semen
- Carries sperm during ejaculation

Where?



Who?





Which conditions affect the prostate?

- Enlarged prostate
- Prostatitis
- Prostate cancer

Prostate cancer is the most common cancer in men:



1 in 8 men

52,000

Men diagnosed every year

10,000

Men diagnosed too late

But...I would know if I had it right?

Most men diagnosed early with prostate cancer can be successfully treated.

But...early-stage prostate cancer often has no symptoms.

It is vital men at risk do not wait for symptoms before speaking to their GP.



So... who's at risk?

Men's risk of prostate cancer increases if they are:

- Aged 50 or over
- Your risk increases as you get older

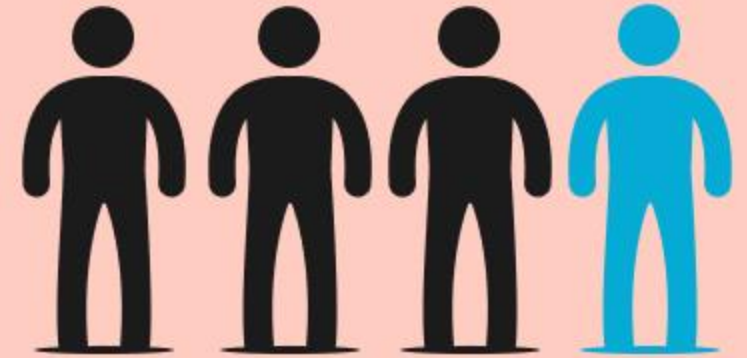




Who is at higher risk?



Black Men



Men with a Family History

Check your risk in 30 seconds





The PSA Blood Test



- First test = PSA blood test
- It's your right if you're at risk
- 2-minute test

I've heard...it's a finger up the bum?

The best first step to check for prostate problems, including prostate cancer, is a PSA blood test.

In some cases, the Digital Rectal Examination (DRE) may still be used as part of further examinations if required.





Time to bust some myths



"Prostate cancer is the good cancer to get"



"My GP will invite me for a test if I am at risk"



"All men are at the same risk of prostate cancer"



"I shouldn't bother my GP unless I have symptoms"



10,000 men diagnosed too late every year.



No screening programme in the UK. You must ask.



Black men are at double the risk.



Early-stage prostate cancer often has no symptoms.



Where can I get support?



[Prostate Information and Support Webpage](#)

[Printed guides and handbooks](#)

[Specialist Nurses](#)

[Weekly newsletter](#)

[Risk Checker](#)





**Any
questions?**

**Together we can save thousands of
men's lives, and ensure no men are left
behind.**

Thank you for listening.

Embarrassed

- <https://vimeo.com/648679773>



FRANCIS CHINEGWUNDOH MBE Keynote Speaker