

Prostate Cancer

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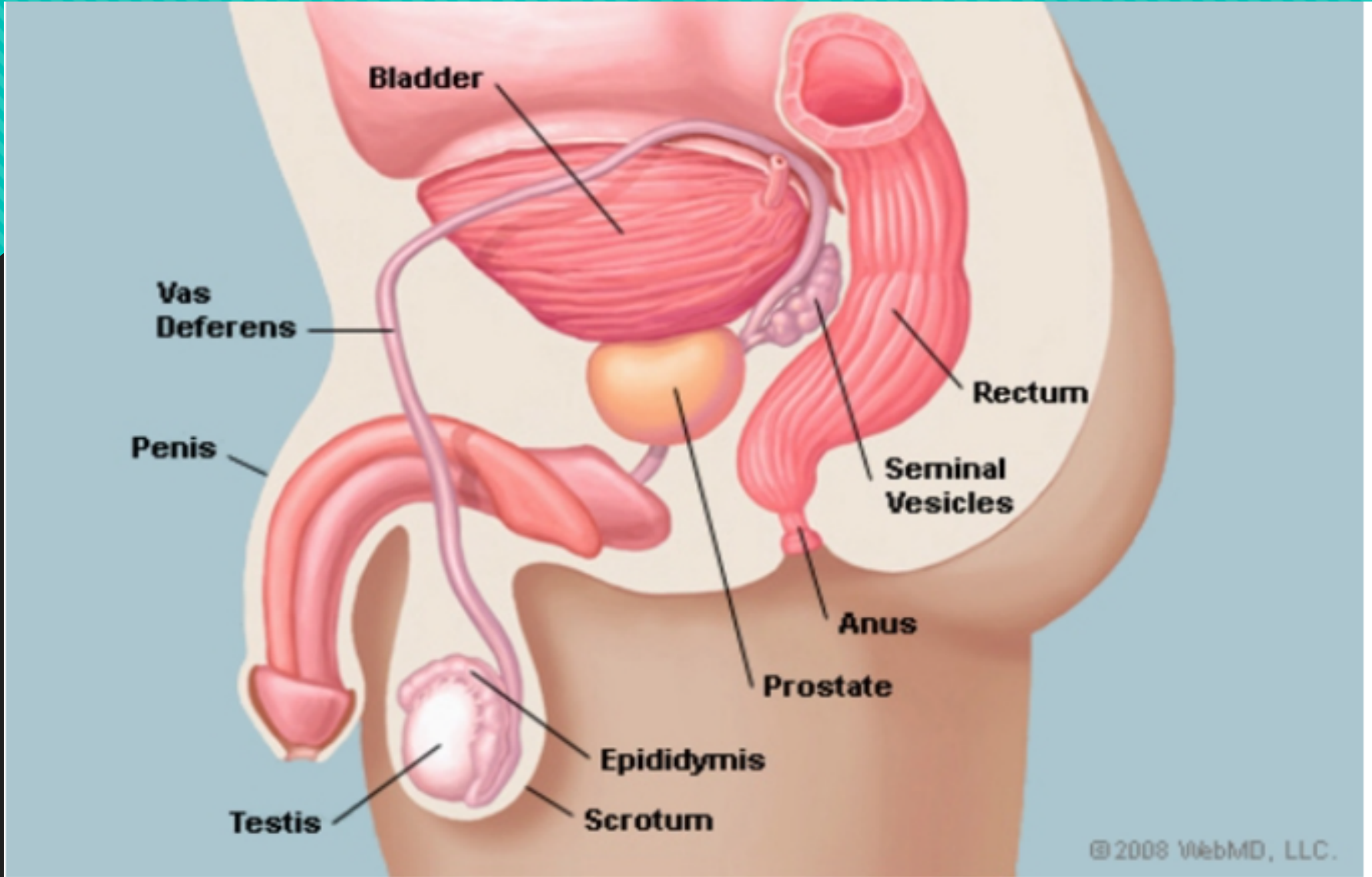
Why is this webinar important?

- In the UK, 1 in 4 black men will be diagnosed with prostate cancer in their lifetime.
- This is double the 1 in 8 risk faced by all men.
- Awareness of cancer signs is lower in those who are male, younger, and from BAME or low socioeconomic groups.
- 4 in 5 people (85%) are affected financially by a cancer diagnosis.

Prostate, What is it?

- The prostate is part of the male reproductive system.
- It is about the size of a satsuma.
- The prostate secretes fluid that nourishes and protects sperm.
- Helping them live longer and be more mobile.





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Risk Factors for Prostate Cancer

- Age - being over 50.
- Family history of prostate cancer.
- Being Black or having a Mixed black ethnicity.
- Obesity.

Symptoms of Prostate Cancer

- An increased need to pee
- Straining while you pee
- A feeling that your bladder has not fully emptied
- Lower back, or bone pain.
- Lethargy.
- Erectile dysfunction.
- Haematuria.
- Anorexia/weight loss.
- Lower urinary tract symptoms (LUTS). These are similar to the symptoms of BPH (Benign Prostatic Hyperplasia).

Symptoms & Signs of Benign Prostatic Hyperplasia



Weak
urine
stream



Frequent
urination



Dribbling
after
urination



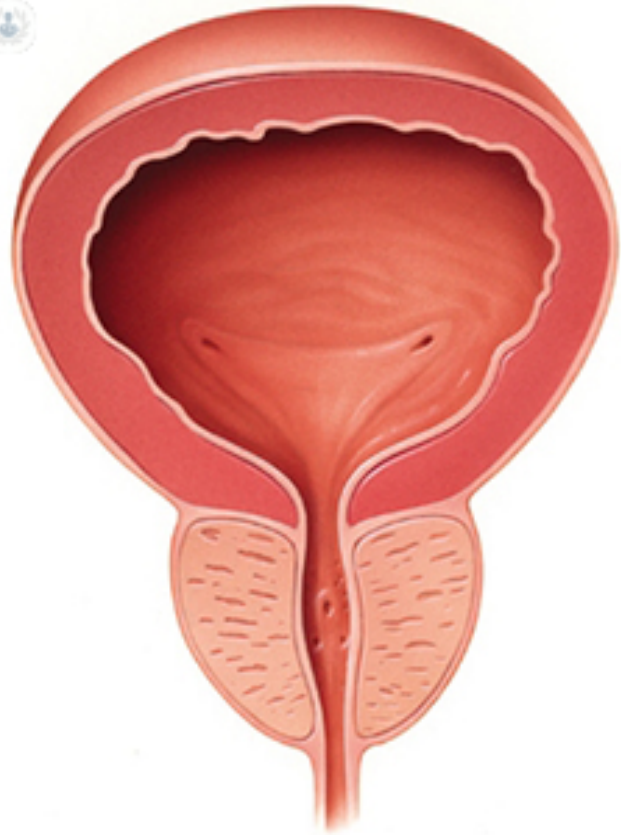
Urge to
urinate



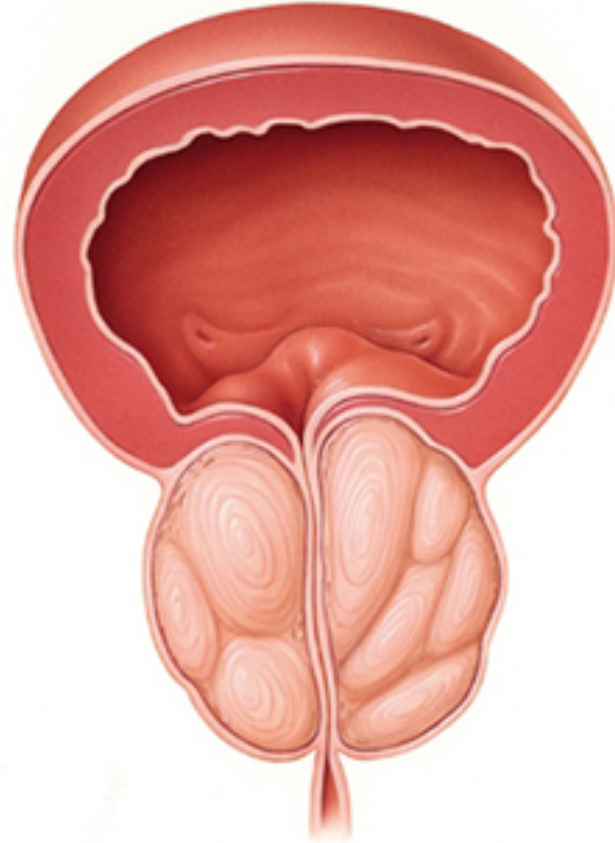
Leakage of
urine
(overflow
incontinence)



Frequent
urination
during
night



Normal Prostate



Enlarged Prostate

Prostate Examination / Tests

- Blood test.
- Urine test.
- Digital Rectal Examination.
- PSA test.
- Prostate Ultrasound Scan.

Treatment

- "Watchful waiting" or "active surveillance"
- Surgically removing the prostate
- Radiotherapy – either on its own or alongside hormone therapy

PSA Screening

- There's currently no screening programme for prostate cancer in the UK.
- PSA tests are unreliable and can suggest prostate cancer when no cancer exists (a false-positive result).
- Up to 15% of men with prostate cancer have normal PSA levels (a false-negative result), so many cases may be missed.
- Instead of a national screening programme, there is an informed choice programme, called prostate cancer risk management, for healthy men aged 50 or over who ask their GP about PSA testing. It aims to give men good information on the pros and cons of a PSA test.

PSA testing and prostate cancer: advice for well men aged 50 and over

The prostate specific antigen (PSA) test may help find out if you are more likely to have prostate cancer. It is not perfect: it will not help find all prostate cancers, it will miss some and will detect some that would never go on to cause harm.

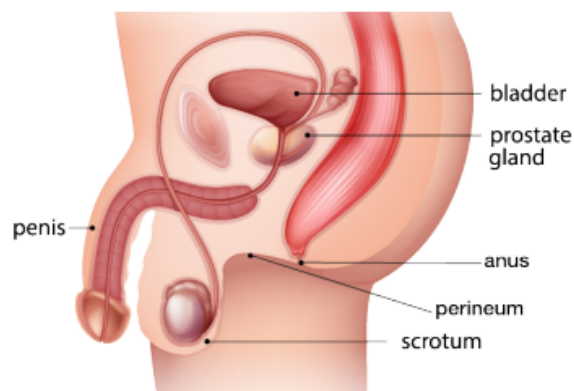
Having a PSA test has potential harms and potential benefits.

This information should help you decide if you want to have the test or not. It is your decision. Before making your decision you may want to talk to your GP, practice nurse and your partner, family member or a friend.

If you notice anything that is not normal for you, or are worried, you should speak to your GP.

Prostate cancer

The prostate gland lies just below your bladder. It helps produce healthy sperm. Problems with the prostate gland can affect how you urinate and your sexual function.



Prostate cancer is caused when some cells in the prostate start to grow out of control. Slow-growing cancers are common. They may not cause any symptoms or shorten your life.

Risk

You are at higher risk of prostate cancer if you:

- are aged 50 or older
- have a close relative, for example brother or father, who has had prostate cancer
- are of black ethnic origin (double the risk)

PSA test

PSA is measured using the PSA blood test. Most men will not have a raised PSA level. A raised PSA level (3 or over) can be caused by many things, such as a urinary infection, an enlarged prostate or prostate cancer.

If you decide you want a PSA test, refrain from vigorous exercise such as cycling or sex in the 2 days before the test. A prostate biopsy or cystoscopy in the 6 weeks before the test may also affect the PSA level.

Test results and follow-up

If you have a raised PSA level your GP will discuss referral to a specialist with you. You may have further investigations, such as an MRI scan of the prostate and a biopsy. A biopsy involves taking small samples

How to check your risk



PROSTATE CANCER UK

It's the most common cancer in men, but most men with early prostate cancer don't have symptoms. So what should you do?

Click Start and answer three quick questions to find out.

If you are a trans woman or a male-assigned non-binary person, read our [prostate cancer information for trans women](#) instead.

[Start](#)

Press Enter ↵

3 questions used to check your risk

- How old are you?
- Has your Father or Brother had Prostate Cancer?
- Do you have black or mixed black ethnicity?

Understanding black men's risk of prostate cancer



Join a new study to help us understand why black men are at higher risk.

We don't understand enough about why some men, including black men, are at higher risk of prostate cancer.

Understanding more about the genetics of prostate cancer will help us identify men at higher risk, so we can diagnose aggressive cancer earlier and save lives.

If you are a man of African or Caribbean descent aged 40-69 and haven't had prostate cancer, you may be suitable to take part in a study that can help us understand more about the genetics of prostate cancer.

Interested?

1. Read all the information on this page to learn if this study is right for you.
2. If you're interested, email or call the PROFILE study organisers to see if you're able to take part.

Email: prostate.research@rmh.nhs.uk

Tel: 020 8722 4483

[Read more about black men's risk of prostate cancer.](#)

Resources used in this presentation

NICE National Institute for
Health and Care Excellence



Useful Resources

- [Know your Prostate: a guide to common prostate problems](#)
- [The PSA test and Prostate Cancer: A quick guide](#)
- [PSA Testing Decision Aid](#)

Any questions or want to talk? [Prostate Cancer UK Specialist Nurses](#) are available on **0800 074 8383**.

References

- <https://www.nhs.uk/conditions/prostate-cancer/psa-testing/>
- <https://prostatecanceruk.org/>
- <https://prostatecanceruk.org/risk-checker>
- <https://www.macmillan.org.uk/>
- <https://www.webmd.com/men/picture-of-the-prostate#1>
- <https://www.medindia.net/>
- <https://cks.nice.org.uk/topics/prostate-cancer/>
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