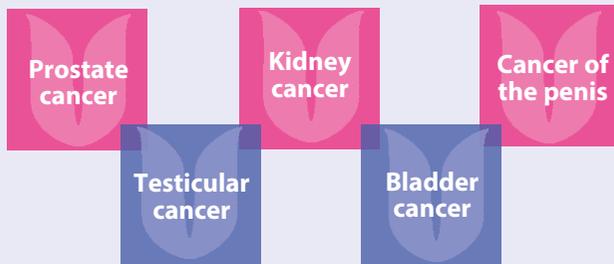




UCARE (Urology Cancer Research and Education) was founded by a group of clinicians, patients and supporters who care about fighting urological cancer.

We are an independent charity committed to improving the treatment and care of cancer patients through research and education.



Urological cancers represent nearly 20% of all cancers diagnosed in the UK each year. Around 18,000 people die of urological cancers in the UK every year, and may not have been aware of the signs and symptoms that lead to early detection and treatment.

Our vision

Finding new ways to fight cancer.

Our aims

- To support research into the causes, prevention and treatment of urological cancers and related conditions.
- To promote the development of new technologies that will help to improve the diagnosis and treatment of urological cancers and related conditions.
- To provide equipment and facilities for research, and for the treatment of cancer patients.
- To provide information and education about urological cancers.

We all care about cancer. Please help us fight it.

As a registered charity, UCARE depends on friends and supporters, who help us by:

- Giving their expertise to help run and develop UCARE.
- Making donations to support our work.
- Organising and supporting fundraising events.
- Sponsoring our activities.
- Telling friends, family and colleagues about our work.



If you want to know more about UCARE please contact us at:

UCARE, PO Box 677, Abingdon, OX14 9LZ
Email: gemma.ucare@gmail.com



Please donate today

Find UCARE on:



UCARE (Oxford) is a registered charity number 1120887.
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Prostate Cancer

Be aware and informed



www.ucare-oxford.org.uk

www.ucare-oxford.org.uk

Prostate cancer: be aware of the signs and symptoms

Am I at risk?

In the UK, prostate cancer accounts for 28% of all new cancer cases in men. One in eight men will be diagnosed with prostate cancer in their lifetime.

Symptoms

The symptoms of a benign enlargement of the prostate gland (benign prostatic hyperplasia – BPH) and a malignant tumour (cancer) are similar. Symptoms may include one or more of the following, and should be checked by your GP:

- difficulty in passing urine
- passing urine more frequently than usual, especially at night
- pain when passing urine
- blood in the urine (this is not common)
- loss of sperm production, loss of erection

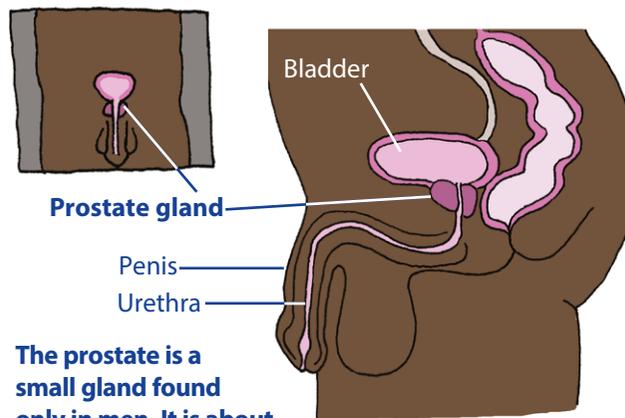
Getting checked out

It's natural to feel worried or nervous about seeing your GP, but please don't let that put you off. You can ask for a male doctor if you would prefer. If you're not registered with a GP, you can find out what is available in your area here: www.nhs.uk/service-search/find-a-GP

Diagnosis

Most enlargements of the prostate are not cancer. The rectum (back passage) is close to the prostate gland, so your doctor can feel for any abnormalities in the prostate by inserting a gloved finger into the rectum. Men with cancer of the prostate tend to have more PSA (Prostate Specific Antigen – a protein produced by the prostate gland) in their blood, identifiable with a simple blood test.

If you are referred by your doctor, a Urologist at the hospital will use ultrasound (sound waves) and conduct a biopsy (take tissue samples) to assess your condition. These procedures usually cause only minor discomfort.



The prostate is a small gland found only in men. It is about the size of a walnut and surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis opening.

Treatment

Treatment of early prostate cancer includes active surveillance and monitoring, surgery (removal of the prostate gland), and radiotherapy (treatment with high energy x-rays). For more locally advanced disease (cancer that involves more of the prostate gland and sometimes the local surrounding tissue) treatment will include hormonal treatment and also radiotherapy and/or chemotherapy may also be used. More advanced prostate cancer treatment can include hormones, and chemotherapy – treatment with one or more anti-cancer drugs in a specific regime with the aim of slowing the progression of the disease.

Specialist medical staff including surgeons, oncologists and nurses are available to help patients decide on their preferred treatment.

Clinical trials

You may be offered a different treatment option as part of a clinical trial. The aim of a clinical trial is to develop new treatments, which are always being investigated.



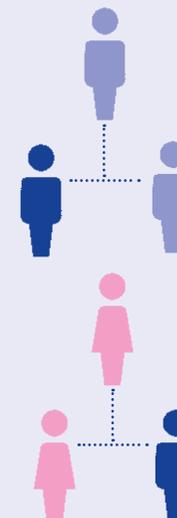
AGE

Most diagnoses are in men over the age of 45, and your risk continues to increase as you age.



ETHNICITY

One in four black men in the UK will receive a prostate cancer diagnosis in their lifetime. More research needs to be carried out to understand why you're at a much higher risk if you are a black or mixed race man.



FAMILY HISTORY

You are at higher risk if your father or brother had prostate cancer (especially before the age of 60) or if your mother or sister had breast cancer.