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PCUK NI Volunteer



**PROSTATE
CANCER UK**

What you need to know about prostate cancer and prostate problems



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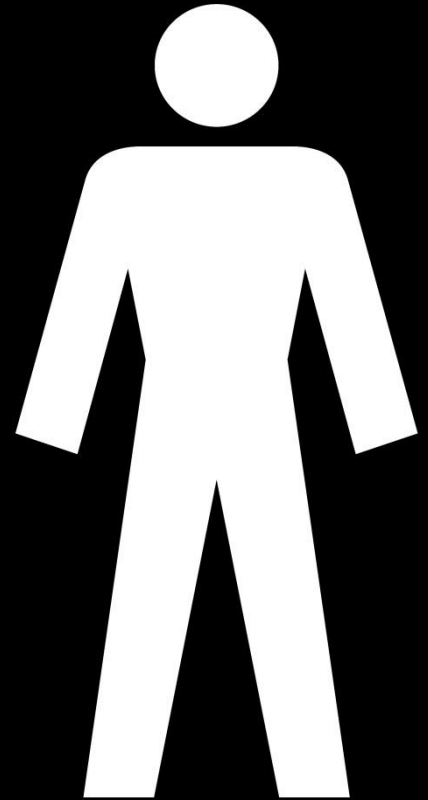
What you will learn today

- 1. Know your prostate**
What is it, where is it, what can go wrong
- 2. Signs and symptoms**
What to look out for
- 3. Know your risk**
Age, family history, ethnicity, body weight
- 4. Know your rights**
If you're 50+ you have rights
- 5. Take action**
What to do next

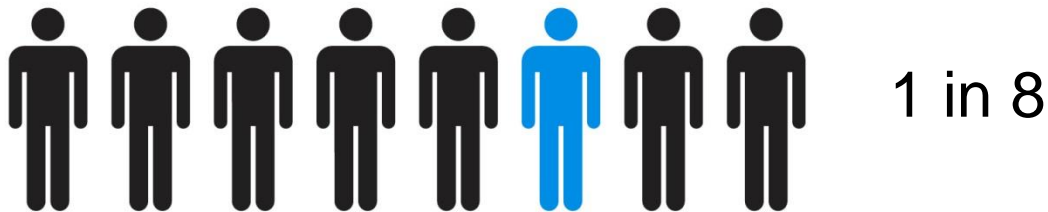


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So what do **you**
know about
prostate cancer?



How many men in the UK will get prostate cancer, at some point in their lives?



Around how many men are diagnosed with prostate cancer in the UK each year?

a) 12,000

b) 26,000

c) 47,000

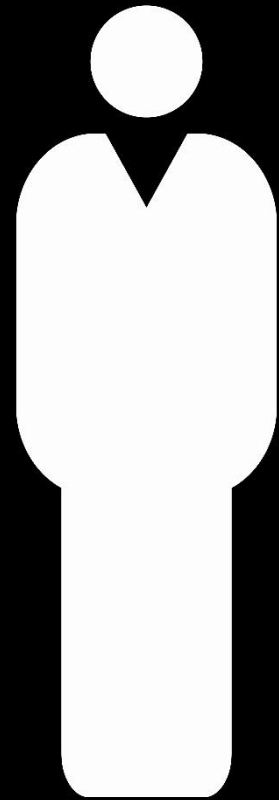


**In total, over
400,000 men are
living with and
after prostate
cancer in the UK.**



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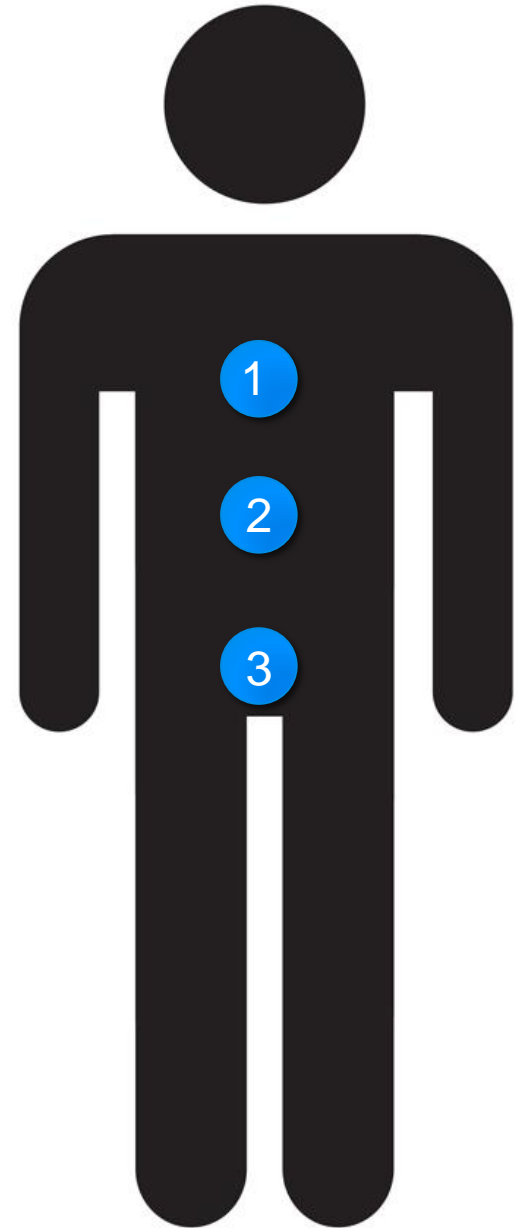
What do you
know about
your prostate?



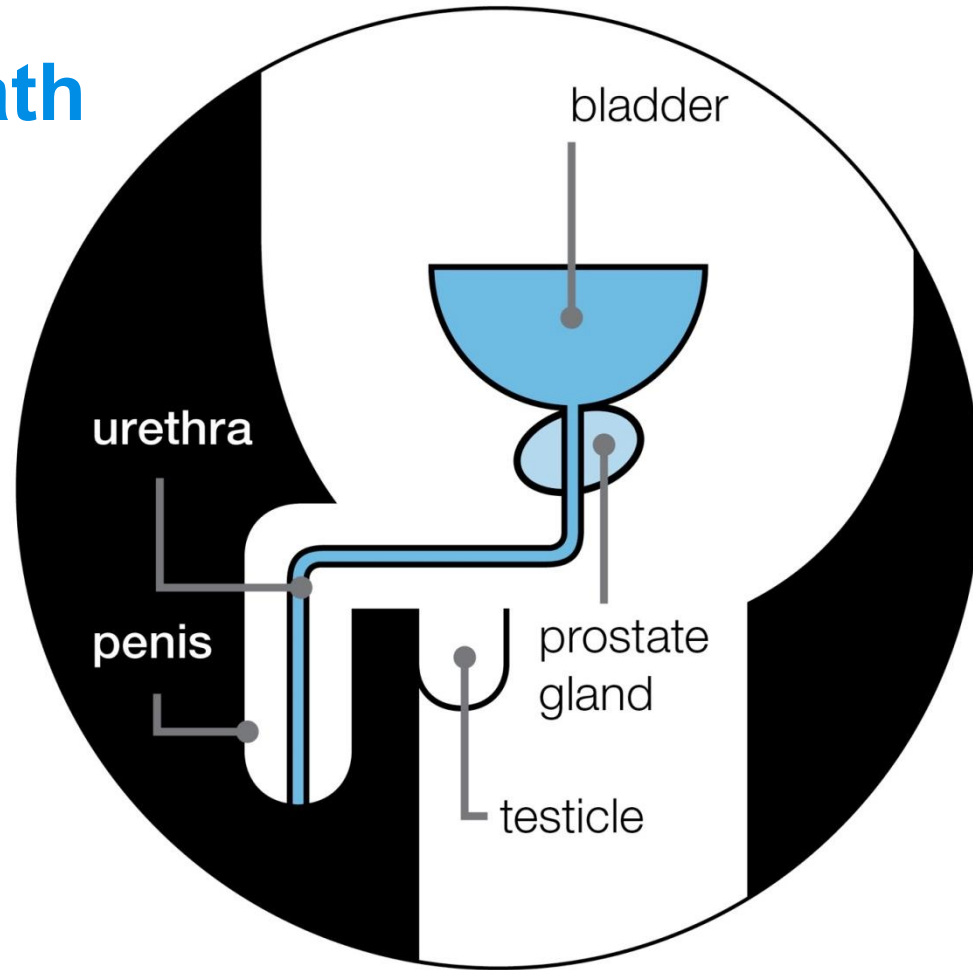
So, where is the prostate?

1. Chest
2. Mid torso
3. Underneath the bladder

Two out of three adults don't know where the prostate is.

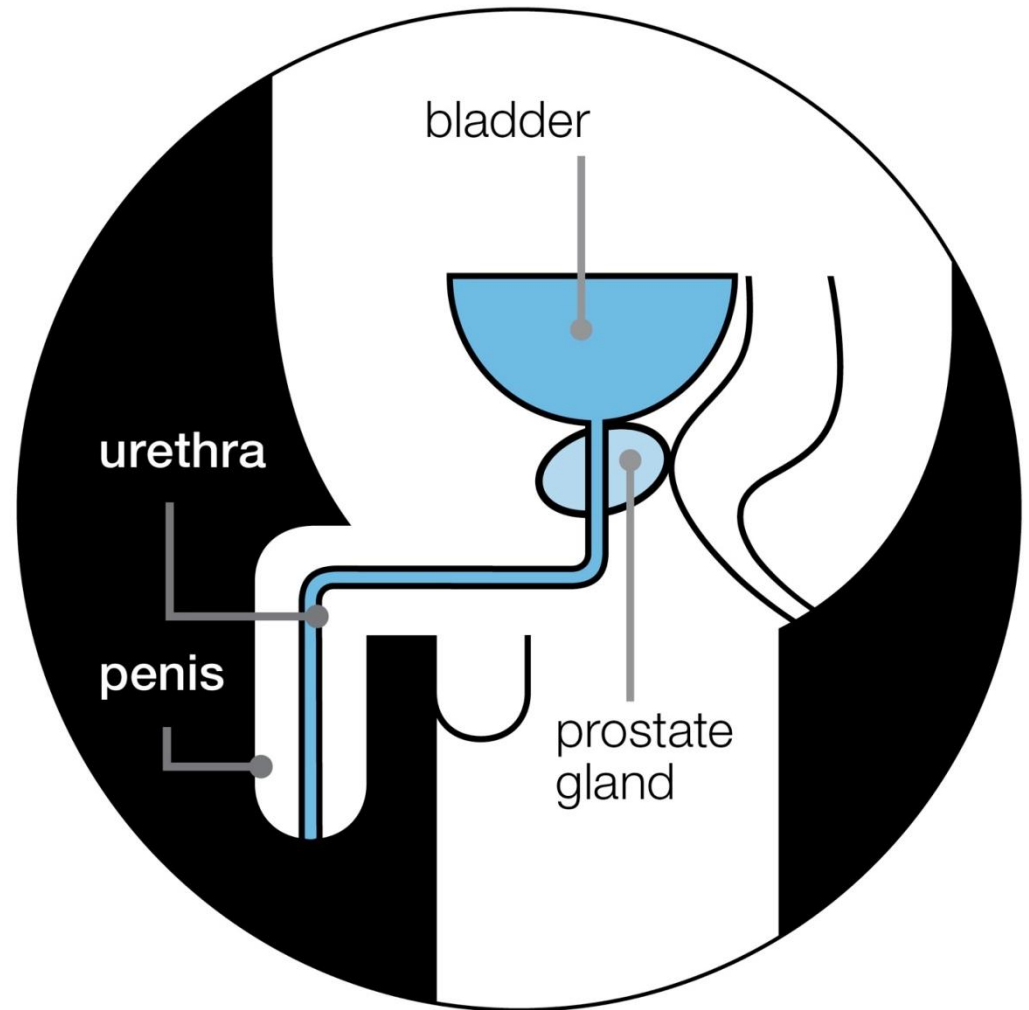


**It's underneath
the bladder.**



What is a prostate?

- Only men have a prostate
- It's a gland
- Its main job is to help make semen.



Which of these objects is closest in size to a prostate?

a) Orange

b) Walnut

c) Grape



Which of these objects is closest in size to your prostate?

a) Orange

b) Walnut

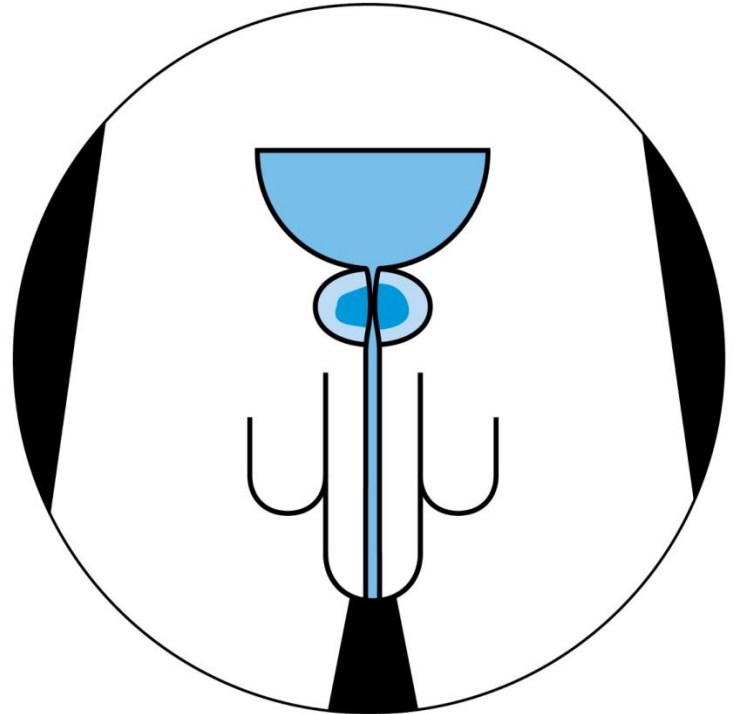
c) Grape



What can go wrong?

1. An enlarged prostate

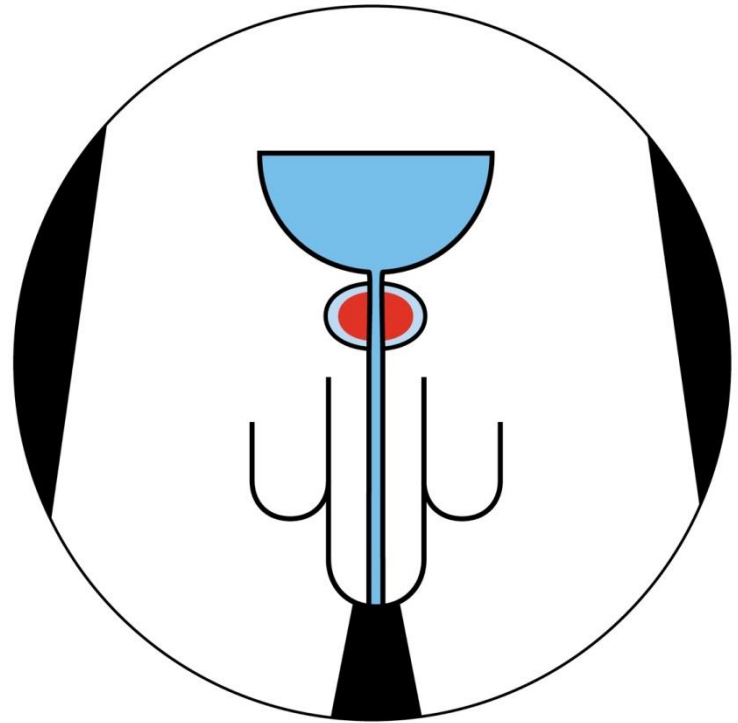
- The most common prostate problem
- It's common in men above 50
- It does not mean you have cancer and does not increase your risk.



What can go wrong?

2. Prostatitis

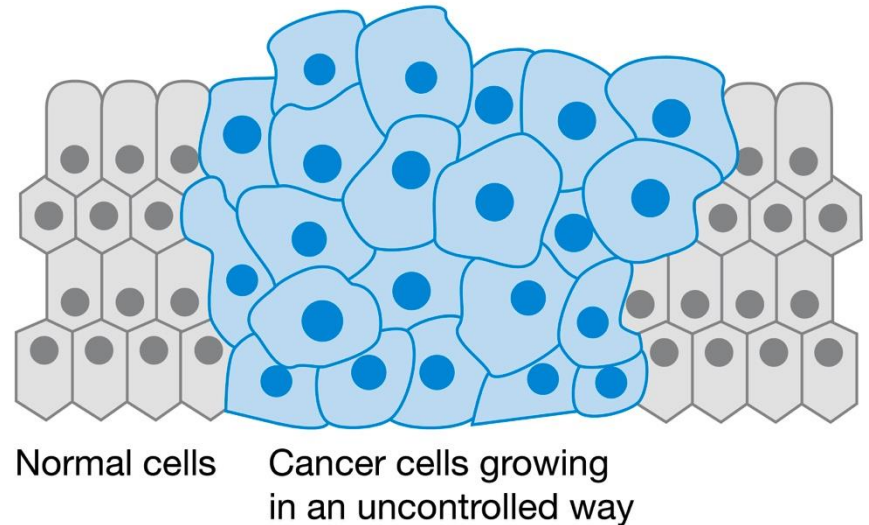
- An inflammation or infection of the prostate
- Most common in younger and middle aged men, typically between 30 and 50
- Not the same as prostate cancer and does not increase your risk.



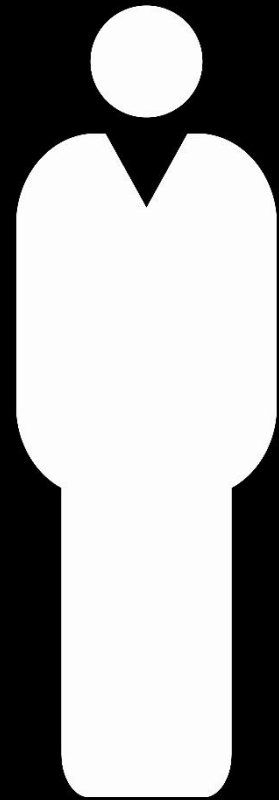
What can go wrong?

3. Prostate cancer

- Cancer can develop when cells start to grow in an uncontrolled way
- If this happens in the prostate gland, prostate cancer can develop.



**There are changes
to look out for,
that might mean a
prostate problem.**



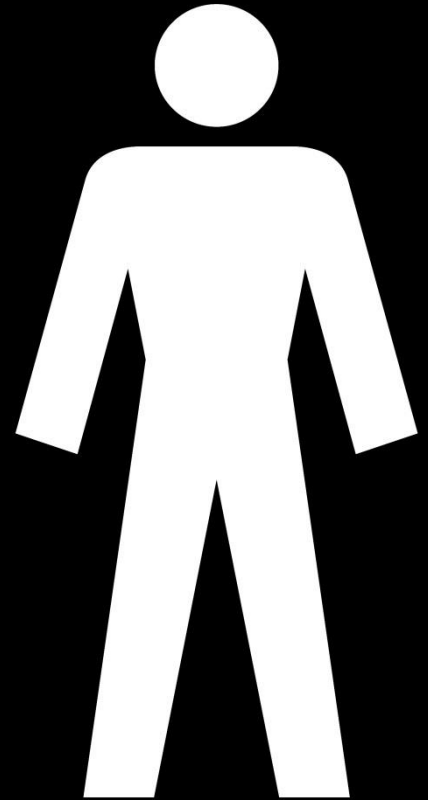
Common symptoms of a prostate problem

- Needing to pee more often than usual, day or night
- Difficulty going for a pee
- A weak flow
- Needing to rush to pee
- Feeling that you haven't emptied your bladder properly
- Dribbling urine

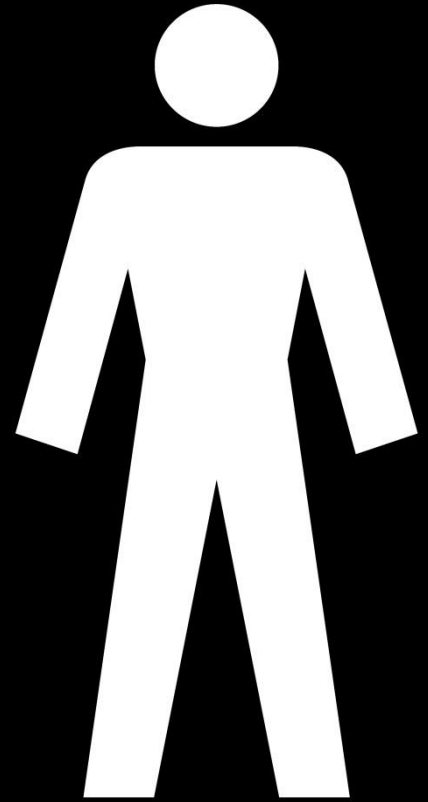


Symptoms can be similar for prostate cancer and non-cancerous prostate problems.

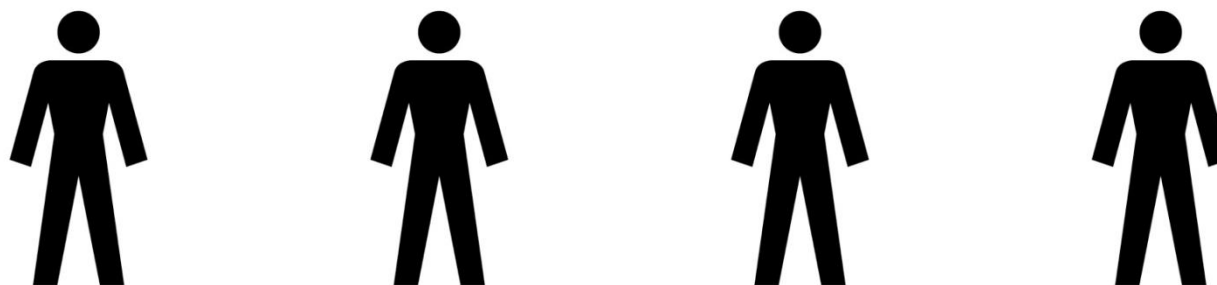
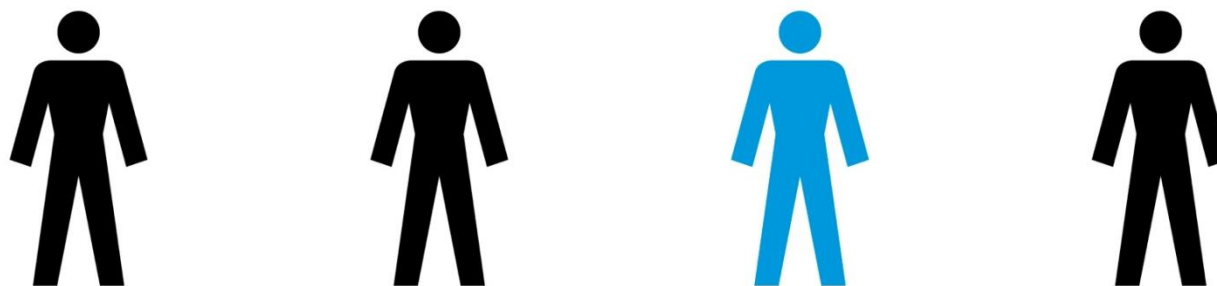
**But most men with
early stage prostate
cancer have no
symptoms at all.**



**So, are you
at risk?**



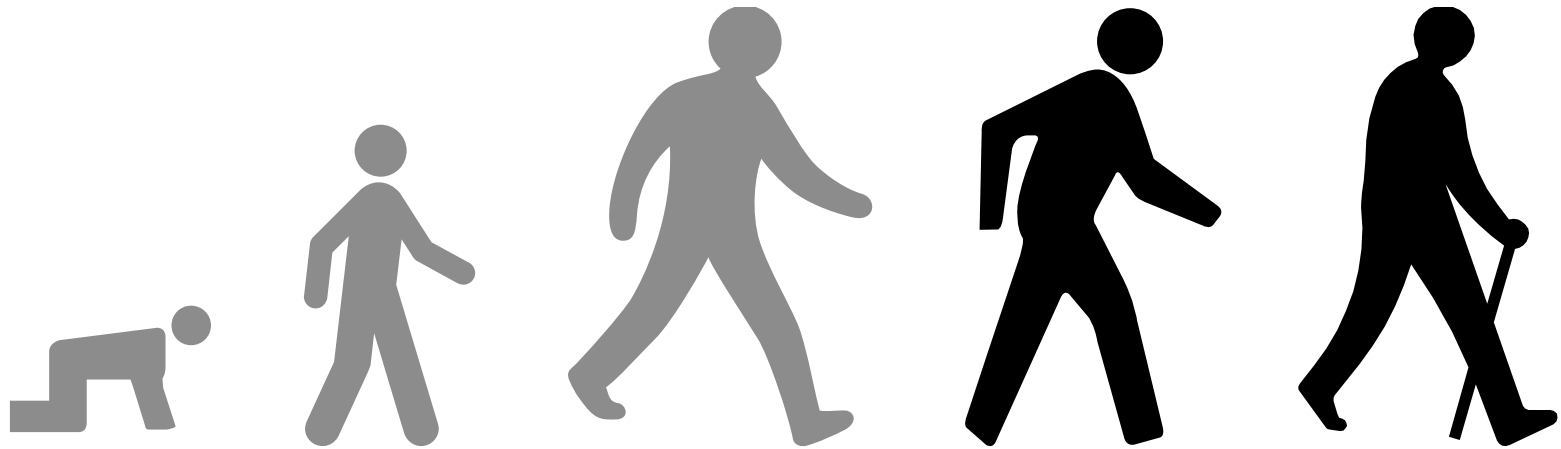
**In the UK, 1 in 8 men will get prostate cancer
at some point in their lives.**



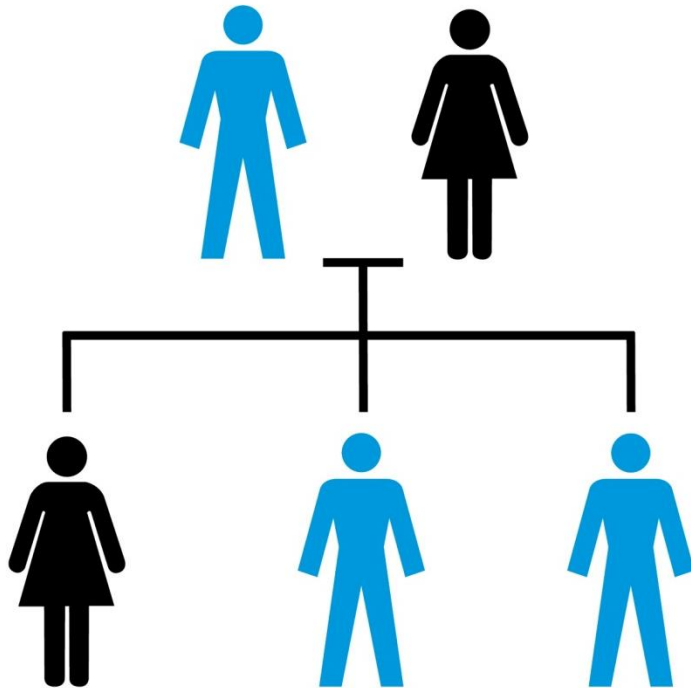
**For black men, the risk is double.
1 in 4 black men will get prostate cancer.**



**Prostate cancer mainly affects men
over the age of 50 and your
risk increases as you get older.**



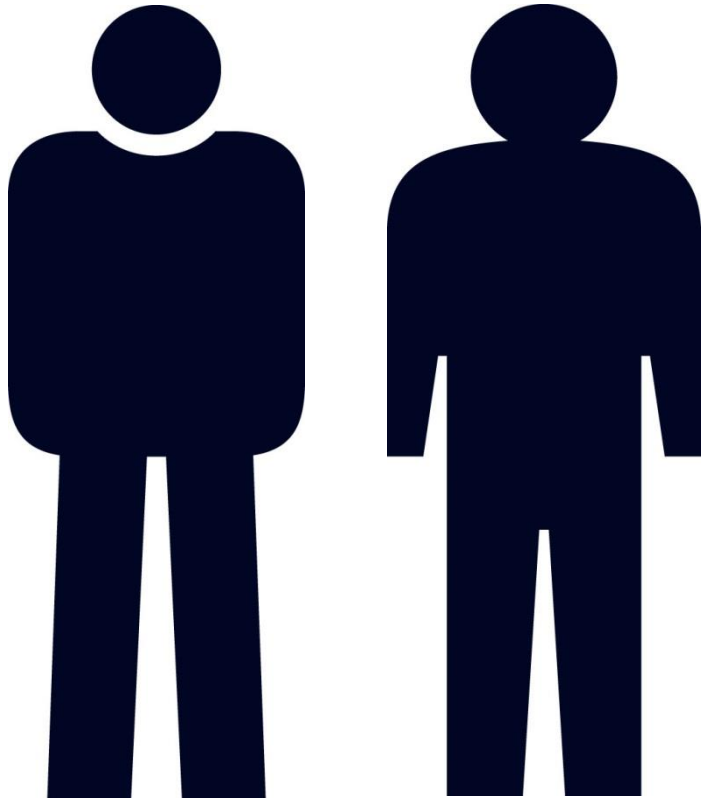
Family risk



You are **2.5 times** more likely to get prostate cancer if your **father** or **brother** has had it. This is compared to a man who has no relations with prostate cancer.

You may also have a higher risk if your **mother** or **sister** has had breast cancer, particularly if they were diagnosed under the age of 60.

Body weight

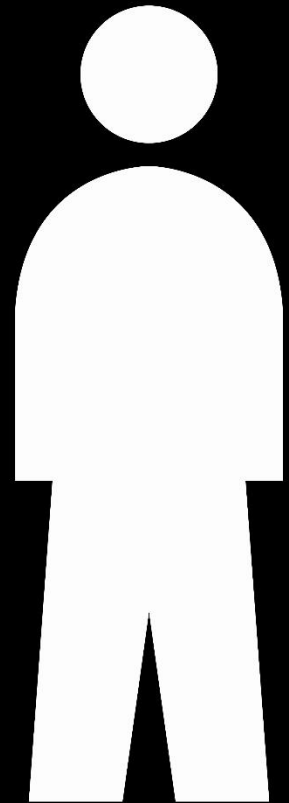


No one knows how to prevent prostate cancer, but staying a healthy weight may be important.

Research shows that being overweight or obese increases your risk of getting cancer that's more likely to spread.

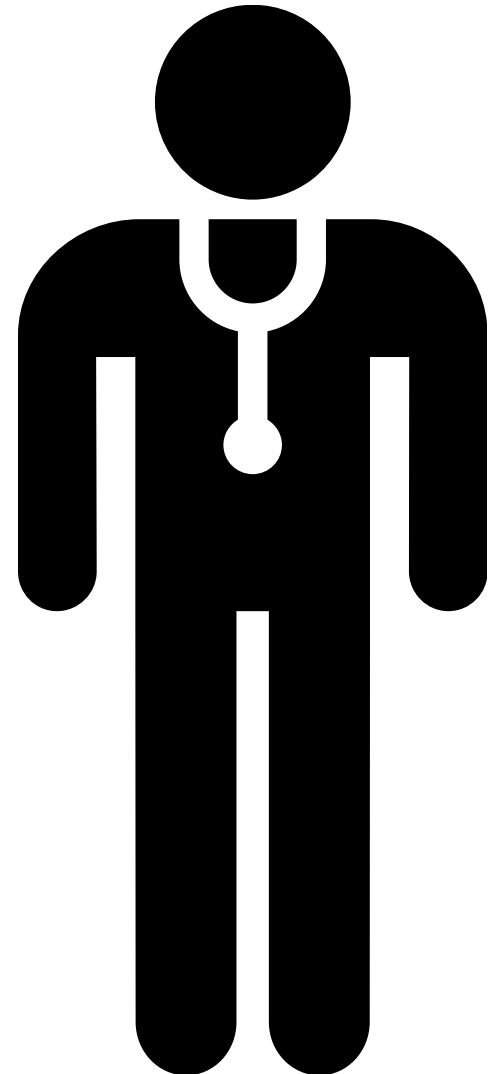
**I think I'm at risk or
might have a
problem, what
should I do next?**

Take action



- Speak to your GP to discuss your risk
- Your GP can do a few tests to find out if you have a prostate problem. Your doctor should explain the pros and cons of the tests.

There is no single test to diagnose prostate cancer.



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The main tests include...

1. A urine test

- This is to rule out a urine infection

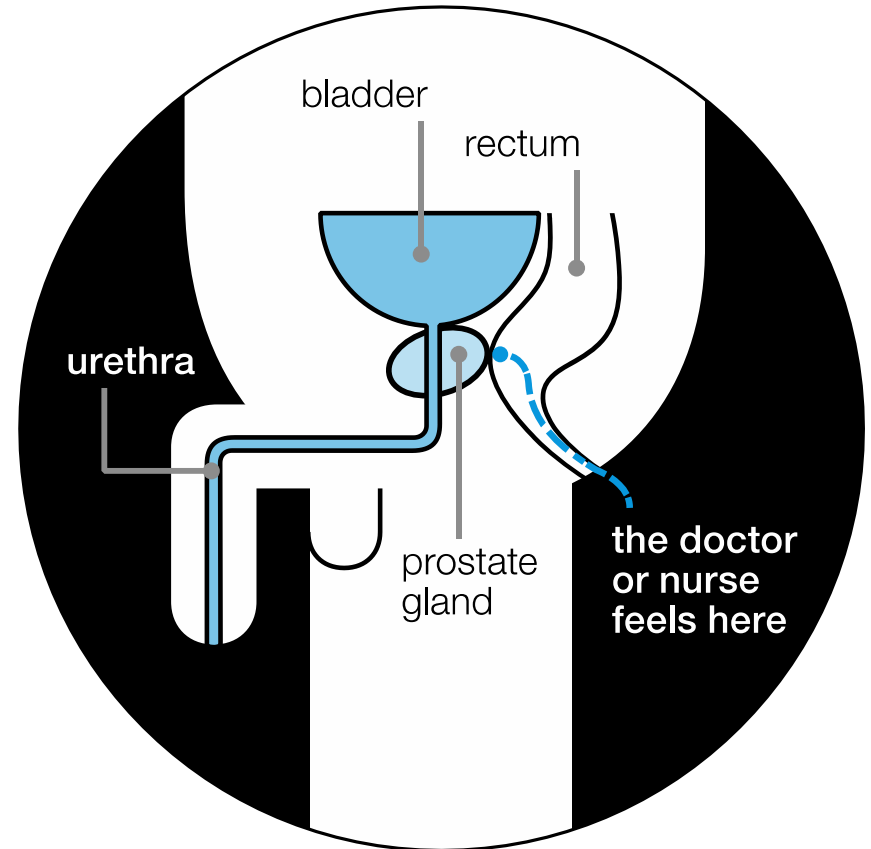
2. The PSA test

- This is a blood test that measures the total amount of prostate specific antigen (PSA) in your blood
- A raised PSA level may show that you have a problem with your prostate, but not necessarily prostate cancer.

The main tests include...

3. Digital rectal examination

- This gives the doctor an idea of the size and feel of the prostate
- A prostate gland with hard bumpy areas may suggest prostate cancer.



Your right to a PSA test

- You have the right to have a PSA test if you're over 50 and you've talked about the pros and cons with your doctor.

You shouldn't be refused a test if you make this choice after talking with your doctor.

So now you...

- 1. Know your prostate**
What is it, where is it, what can go wrong
- 2. Know signs and symptoms**
What to look out for
- 3. Know your risk**
Age, family history, ethnicity, body weight
- 4. Know your rights**
If you're 50+ you have rights
- 5. Know how to take action**
What to do next



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Take action

- Visit prostatecanceruk.org and order or download free information about prostate problems
- Speak to one of our Specialist Nurses on [0800 074 8383](tel:08000748383)

They have specialist knowledge, time and are here to support you

- Speak to your GP about your risk.

Prostate cancer research in Northern Ireland



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Overview

- Prostate Cancer UK are currently funding six research projects in Northern Ireland worth over £2 million
- In addition, the Belfast-Manchester Centre of Excellence is a 5-year, £5 million programme supporting dozens of researchers and projects



Prostate Cancer UK – Movember Centre of Excellence

- The £5 million Centre of Excellence is based in Belfast and Manchester, bringing together the expertise in both areas
- The overall aim is to develop a personalised approach to using of radiation for treatment
- This includes
 - Identifying markers in patients to guide the best treatment for them
 - Understanding relapse after radiotherapy
 - Testing Radium-223 in advanced disease combined with hormone therapy and radiotherapy



Travelling Prize Fellowship

We have awarded a 3-year fellowship to Dr Chris Armstrong to visit a lab in the US.

There he will learn a new technique to study proteins that may be protecting prostate cancer cells in the bone from radiotherapy.



Developing a prostate cancer vaccine

We are funding Professor Helen McCarthy to build on our previous research into a vaccine for prostate cancer.

She has developed new technology that could potentially trigger the immune system to attack the cancer and prevent it coming back.



Do you want to get involved?

- Volunteer your time
- Take part in a sporting event
- Organise your own event

- Visit prostatecanceruk.org

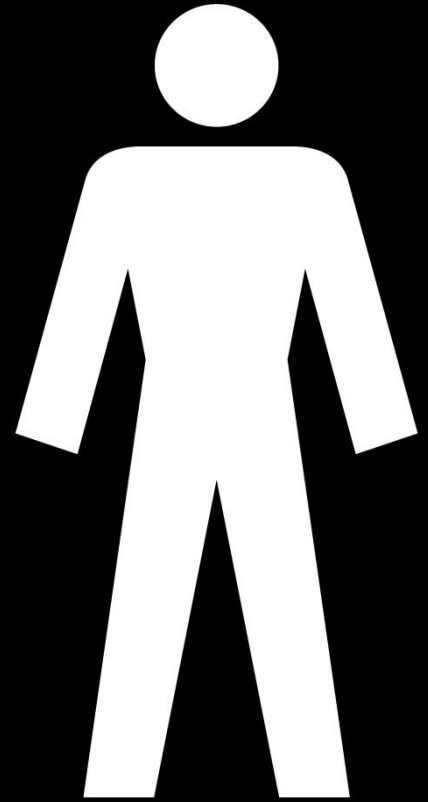
- Visit prostatecanceruk.org/get-involved/black-men-and-prostate-cancer



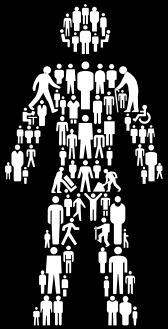
Do you want to get involved?

- NI Volunteer Hub
- Contact the Charity at: prostatecanceruk.org
- Contact me
- NI Volunteer Hub Facebook page
[PCUK NI Volunteer Hub](#)

Any questions?



Thank You



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