

Prostate Cancer Awareness

Module 7

Aims

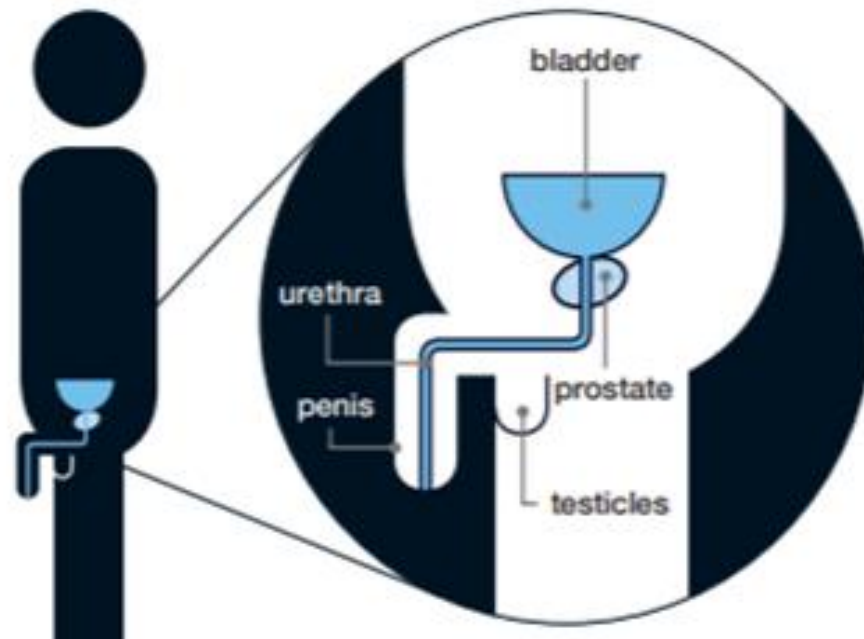
- ▶ To increase awareness of prostate cancer.
- ▶ To learn/understand the 'Key Messages' to share with others.
- ▶ To discover which websites to use to find reliable cancer information.
- ▶ To increase confidence in talking about prostate cancer.

What is Prostate Cancer?

- ▶ Prostate cancer is cancer of the prostate gland.
- ▶ Cancer is when abnormal cells start to divide and grow in an uncontrolled way.
- ▶ The cells can grow into surrounding tissues or organs and may spread to other areas of the body.
- ▶ Most prostate cancers start in the outer gland cells of the prostate. They are called acinar adenocarcinomas.
- ▶ Many of these cancers grow extremely slowly and are not likely to spread

What is the Prostate?

- ▶ A gland, usually the size and shape of a walnut.
- ▶ It grows bigger as you get older.
- ▶ It is located below the bladder and surrounds the urethra.
- ▶ Its main job is to help make semen – the fluid that carries sperm.



Who has a prostate?

- Men
 - Trans women*
 - Non-binary people who were assigned male at birth**
 - Some intersex people.***
- ▶ * A trans woman is someone who was assigned male at birth but identifies as a woman. Trans women can develop prostate problems, even if they have taken hormones. The prostate is not removed during genital reconstructive surgery.
- ▶ ** A non-binary person may not identify as a man or a woman.
- ▶ *** An intersex person may have both male and female sexual characteristics and so might have a prostate.

Prostate Cancer

- ▶ Prostate cancer is now the most commonly diagnosed cancer in the UK.
- ▶ 1 in 8 men and people with a prostate will get prostate cancer in their lifetime.
- ▶ **1 in 4 black men will get prostate cancer at some point in their lives. Black men are more likely to get prostate cancer than other men.**
- ▶ It mainly affects those over the age of 50.
- ▶ In the UK more than 55,100 men are diagnosed with prostate cancer every year.
- ▶ If it is diagnosed at stage 1 almost 100% will survive 5+ years.

Diagnosing Prostate Cancer

It is common to have a number of tests to diagnose Prostate Cancer and these can include:

- ▶ PSA blood test
- ▶ Digital rectal examination (DRE) - an examination of the prostate through the wall of the rectum
- ▶ MRI scan
- ▶ Prostate biopsy - this involves using thin needles to take small pieces of tissue from the prostate
- ▶ CT scan
- ▶ Bone scan
- ▶ PET scan

Treating Prostate Cancer

- ▶ There are several different treatments for prostate cancer.

You may have a choice of treatments such as:

- ▶ Surgery.
- ▶ Radiotherapy.
- ▶ Your doctor might suggest that you have monitoring of your cancer instead of treatment straight away.

Leeds Prevalence

- ▶ 43% of Prostate Cancer was diagnosed at stage 3 or 4 (West Yorkshire & Harrogate).
- ▶ Around 4,100 new cancer diagnoses annually (Leeds).
- ▶ The 5-year survival rate for prostate cancer is approximately 80%, but this can vary depending on factors like stage of diagnosis and treatment options.

Signs and Symptoms

- ▶ Trouble weeing/emptying bladder
- ▶ Feeling like your bladder hasn't emptied properly
- ▶ Weeing more often
- ▶ Weak flow
- ▶ Sudden need to wee

These symptoms are often caused by other non-cancerous illnesses, but it is always best to speak to the GP and get checked.

- ▶ Most men and people with early prostate cancer do not experience symptoms.



Risk Factors

Even if you don't have any of the symptoms that we have talked about, speak to your GP about prostate cancer if:

- ▶ You are aged 45 or over.
- ▶ You are Black.
- ▶ Your father or brother has had prostate cancer.
- ▶ Your mother or sister has had breast cancer.

Copy this link to check your risk in 30 seconds,
<https://bit.ly/3BEbZt2>

Getting Tested

- ▶ No national screening service.
- ▶ PSA test is a blood test that measures the amount of prostate specific antigen (PSA) in your blood.
- ▶ A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer.
- ▶ A digital rectal examination (or exam) is used to see if you might have a prostate problem or prostate cancer. It involves your doctor or nurse feeling your prostate through the wall of the back passage (rectum).
- ▶ Both often take place at your doctors surgery.

Further Information

- ▶ Prostate Cancer UK
- ▶ Macmillan
- ▶ Cancer Research UK
- ▶ NHS.uk
- ▶ LeedsHealth.co.uk