



MAGGIE'S



SPEAK TO YOUR GP
ABOUT PROSTATE CANCER

Disclaimer:

The information in this leaflet should not be considered medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please speak to your healthcare professional.



Know Your risk Factors

Many people who develop prostate cancer won't experience symptoms in the early stages, so it's important to understand your risk of developing prostate cancer.¹

You may have an increased risk of prostate cancer if:

50+

You're over 50



Have a family history of prostate or breast cancer



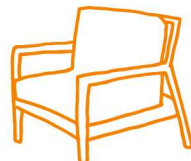
You're Black²

If you think that you are at a higher risk of prostate cancer, make sure to speak to your GP.

Symptoms to make note of:

- Needing to pee more often (especially at night)
- Needing to rush to the toilet
- Difficulty when starting to urinate
- Feeling like your bladder isn't fully emptied after urinating
- Weak flow
- Erectile dysfunction
- Unintentional weight loss
- Blood in urine or semen
- Back pain

Not all of these symptoms mean you have prostate cancer, they could have other common causes, or be a result of a benign enlarged prostate. **It's always best to get checked out if you're concerned.**^{3,4}



What to expect from your appointment



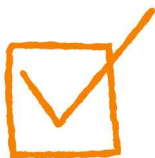
At your initial appointment, your doctor will ask about your symptoms and establish any family history of cancer. Your GP will typically suggest you have what's known as a PSA blood test and/or digital rectal examination.



PSA blood test

A PSA blood test is designed to identify **prostate specific antigen (PSA)** levels in your blood. This is something that is naturally produced by a healthy prostate but **can appear in increased levels in prostate cancer cells**. False positives mean this test is not definitive.

Raised levels of PSA could indicate the presence of cancerous cells in your prostate at which point your GP may recommend further testing, such as biopsies.⁵



Digital rectal examination

Your GP may also recommend a digital rectal examination. This is **a quick procedure**, usually taking no more than 30 seconds, where your GP inserts a gloved finger into your rectum to physically assess the health of your prostate.^{5,6}

The GP will typically press on your prostate which may make you feel like you need to wee, but it shouldn't be painful.⁶ **Your GP will only ever perform a digital rectal examination with your full consent**, and you will be able to have a chaperone present if you wish. While it may feel uncomfortable, or even embarrassing, to be told you need a rectal examination, **this is a vital part of the diagnosis journey** and can help clinicians gain an initial understanding of your risk of prostate cancer.⁶

Notes:

At your appointment, you may be given lots of information that may be difficult to take in all at once. Use this space to take down any notes from your appointment so that you can look back on them later if you need to.



References:

1. Barsouk A., et al. Medical Sciences. 2020; 8(3):28.
2. Sartor O. Risk factors for prostate cancer [Internet]. Available from: <https://www.simplevas.net/wp-content/uploads/2022/09/Risk-factors-for-prostate-cancer-UpToDate.pdf>
3. NHS. Prostate cancer - Symptoms [Internet]. nhs.uk. 2018. Available from: <https://www.nhs.uk/conditions/prostate-cancer/symptoms/>
4. Bestmann, B., et al. Prostate Cancer Prostatic Dis. 2007; 10:52–59
5. Merriel, S.W.D., et al. Adv Ther. 2018; 35:1285–1294
6. NHS. Rectal examination [Internet]. nhs.uk. 2017. Available from: <https://www.nhs.uk/conditions/rectal-examination/>



in partnership with

