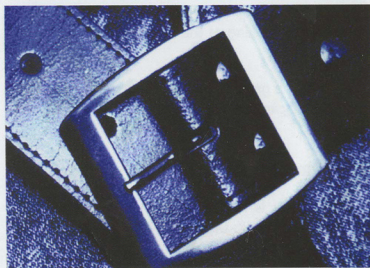


# PROSTATE CANCER



## HITS BELOW THE BELT AND IT DOESN'T PLAY FAIR!

Prostate Cancer Support Association Kent  
(PCSA Kent)



Tel. 03333 202360  
www.pcsakent.org  
support@pcsakent.org



Charity No. 1166137

### ABOUT THE PROSTATE

As only men have a prostate, only men can develop prostate cancer. The gland's main function is to help produce semen—the fluid that carries sperm. It is normally about the size of a walnut but grows bigger as you get older. It is situated immediately below the bladder. The urethra, the tube through which a man urinates, passes through the centre of the prostate gland, so any swelling of the prostate may cause flow problems.

While there is a gradual growth with ageing, additional enlargement can result from infection (prostatitis) or cancer.

### ABOUT PROSTATE CANCER

Prostate cancer is now the most common cancer to affect men in the UK. More than 52000 new cases are diagnosed each year and almost 12000 men die from the disease.

About one in eight men will develop prostate cancer at some point in their lives. Whilst it mainly affects men over 50, the average age on diagnosis being between 70-74, it is not exclusively an "old man's" disease as younger men can also be affected.

The risk of developing prostate cancer is greater for men with a family history of the disease and, for reasons that are not fully understood, men of black and African Caribbean origin are at greater risk of developing prostate cancer than white men, and at an earlier age. Research also suggests that being overweight or obese increases a man's risk of developing prostate cancer.

Reassuringly, the outlook for men treated for early-stage prostate cancer is generally good. However, as early-stage prostate cancer often does not present symptoms, the disease is sometimes not diagnosed until it has spread and is causing pain.

### SCREENING FOR PROSTATE CANCER

In the UK there is, at present, no national screening programme for prostate cancer. However, if you are concerned, you should discuss with your doctor whether a PSA blood test would be appropriate in your case. PSA, or prostate specific antigen, is a protein produced naturally by the prostate. Whilst a raised PSA is not necessarily indicative of prostate cancer, your doctor will determine whether further checks should be carried out.

### SYMPTOMS

If you frequently experience any of the following symptoms, you should certainly tell your doctor without delay. It is important to emphasise that these symptoms may well be caused by a condition other than cancer, but they must never be overlooked since early diagnosis of prostate cancer offers the widest choice of treatment and the best chance of a successful outcome.

- Passing water often, especially at night
- Poor or stop-start flow or dribbling
- Sudden, urgent need to go
- Pain when passing water
- Blood in the urine or semen
- Pain in the groin
- Inability to get or maintain an erection
- Pain in the lower back, spine or hip

### PCSA PROSTATE CANCER SUPPORT ASSOCIATION KENT

The Association is a patient-led organisation committed to supporting men and women whose lives have been affected by prostate cancer.

Meetings are held once a month and are relaxed and informal occasions where members can share thoughts, experiences, and suggestions, perhaps with the whole group or simply in one-to-one conversation over coffee. Many newly diagnosed men and their partners find it particularly helpful to talk with individuals or couples who may have direct patient experience of the treatment options they themselves are considering.

The Association is actively supported by doctors and nurses specialising in the treatment of prostate cancer. Their input, delivered mainly through presentations and question and answer sessions, provides an important educational dimension to the support available. Other speakers offer valuable advice on matters such as exercise, healthy eating and living well with prostate cancer.

Besides offering members mutual support and encouragement, the group has an active fundraising programme through which we are helping Kent hospitals develop the range of equipment available for use in diagnosing and treating prostate cancer.

If you would like to know more about PCSA Kent, or would simply like to talk to one of our members, please do get in touch. We would be delighted to hear from you.

We cannot offer medical advice, but we can offer practical support and understanding. The number below will connect you directly to the home telephone of one of our members. Should he/she not be available, please do leave a message. We promise to get back to you!

**HELPLINE: 03333 202360**

### MEETINGS

Meetings are held  
on the last Wednesday of  
the month from 10 am to 12:30 pm  
(No meeting in December)

at

The Old Gate Inn  
162-164 New Dover Rd  
Canterbury  
CT1 3EL

Please ring 03333 202360 to confirm.

There are also support groups in Mid and West Kent. Please phone our helpline for further information.

PCSA Kent

Prostate Cancer Support Association Kent

Reg. Charity No.: 1166137

PCSA Kent is a member of

THE NATIONAL FEDERATION OF

PROSTATE CANCER SUPPORT GROUPS

(Tackle Prostate Cancer)

If you would like to join PCSA Kent to work towards a better future for us all, promote prostate cancer awareness, or just meet people who have been affected by prostate cancer, please contact us on:

**Helpline: 03333 202360**

**Email: support@pcsakent.org**

**Website: www.pcsakent.org**