

## Health Promotion Sessions

Action Cancer's Health Promotion team provide men's health promotion sessions. These aim to educate men on how a healthy lifestyle can help prevent cancer and how the early detection of cancer by regular self examination can save lives.

## Information Helpline

Action Cancer has introduced an information helpline specifically to answer your questions or concerns on testicular or prostate cancer.

Telephone 028 9080 3353 and ask to speak to someone in the men's health department.



Don't be embarrassed  
anxious or nervous.  
Early detection,  
could save your life!

## Clinic

Action Cancer also offers clinics at Action Cancer House, 1 Marlborough Park, Belfast, staffed by qualified medical personnel.

The service is free and confidential. Call 028 9080 3344 for clinic session times or to make an appointment.

## Action Cancer Provides...

### Early Detection

Early detection services can save lives. Action Cancer offers clinics for men concerned about testicular or prostate cancer and a breast cancer detection service for women.

### Cancer Research

Action Cancer provides support for Northern Ireland researchers working in the field of cancer. We fund research studentships and provide grants to researchers in local universities.

### Counselling and Support

This is provided for patients and those close to them through our therapeutic and information service. We provide leaflets and information on cancer detection, prevention and treatments. We also provide complementary therapies, counselling and support groups to enhance quality of life.

**Action  
cancer**  
Saving Lives Supporting People

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# Find out about Prostate Cancer



How are your waterworks?

## Prostate Cancer Facts

Prostate Cancer is the second most common cause of cancer death in men, accounting for 220 deaths per year in Northern Ireland. In recent years there has been an increase in the number of cases in younger men.

Nearly 20,000 new cases of prostate cancer are detected in the UK each year.

For many men there are no symptoms to alert them to prostate cancer, therefore, it is important for men to be aware of issues around prostate health.

The majority of prostate problems are not cancer. Prostate cancer responds well to treatment and may be cured when localised.

## The Symptoms

The prostate tends to grow larger with age and because of its position can cause problems with urination.

An enlarged prostate, known as Benign (non-cancerous) Prostatic Hyperplasia, can usually be dealt with by medication or surgery.

The symptoms for prostate cancer can be similar to those found in men suffering from Benign Prostatic Hyperplasia (see checklist) but for most men there are no symptoms.

Therefore, it is important that you discuss any symptoms you have with your doctor. Your doctor may recommend a blood test known as a PSA (Prostate Specific Antigen). Higher levels of PSA MAY be associated with prostate cancer.

## Check List: Ask yourself the following Questions...

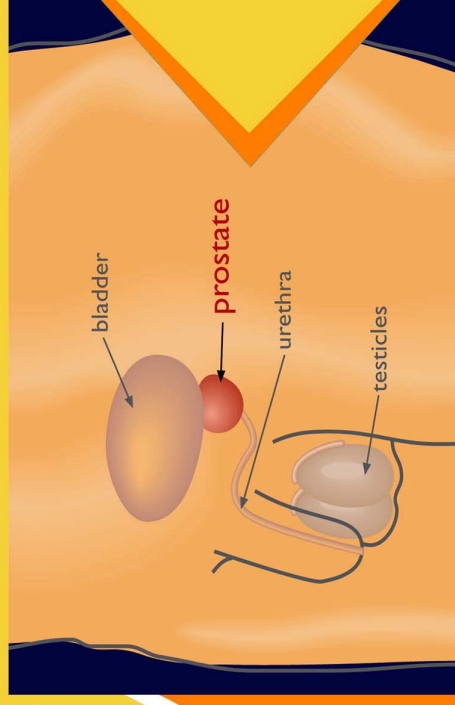
Do you sometimes pass urine when you don't expect to?

Do you pass urine three or more times during the night?

Are you bursting to go and then find you barely produce a trickle?

Do you strain to pass urine, or does it take a long time to start?

When you pass urine are you always stopping and starting?



Do you have any discomfort such as pain or a burning sensation when you pass urine?

Does your bladder feel full after you've finished?

Is there any dribbling after you've stopped?

Have you ever seen blood in your urine?

If you answer yes to any of these questions your prostate may be playing up. It is important to determine whether these symptoms are due to an enlarged prostate or prostate cancer.

## What is the Prostate?

The Prostate is a gland found at the base of the bladder wrapped around the tube (called the urethra) which carries urine out of the penis.

It is about the size of a golf ball and its job is to produce fluid which carries sperm.

# Just what is the Prostate?

## Can Prostate Cancer be treated?

Prostate cancer is now easier to detect and treat but it is important that men come forward as early as possible.

Action Cancer operates an information helpline and expert led clinics for men who have concerns around prostate cancer:

The clinics are private and confidential. If you would like further information or would like to make an appointment to speak to someone please call Action Cancer on 028 9080 3344.